

Parks & Recreation-Suite 3  
685-3917

Administrative Services-Suite 1  
685-7069

Fire-Suite 2  
685-9502

Register by phone!

**Main Office Registration Begins:**

Tuesday, May 6  
685-3917  
**8820 Elk Grove Blvd.**  
Elk Grove, CA 95624

**Laguna Town Hall Registration Begins:**

Thursday, May 8  
684-7550  
**3020 Renwick Ave.**  
Elk Grove, CA 95758

**For Registration Information & Forms see pages 36 & 37**

**Questions? Call the Parks and Recreation Office at 685-3917**

## Dates to Remember

### May

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6/19.....Hot Summer Safety Night... pg. 31  
6/20.....Pool Luau Night..... pg. 7  
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6/27...Teen Summer Beach Party... pg. 7

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## For Your Info.

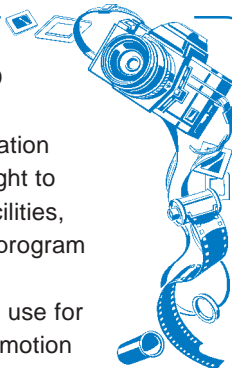
### ACTIVITY GUIDE

Elk Grove Community Services District Activity Guide is published three times each year in January, May and August. Additional copies are available at the CSD Administration building, the Laguna Town Hall, the Elk Grove Chamber of Commerce and the Elk Grove Library.

### THANKS FOR YOUR SUPPORT

Many thanks go to the generous sponsors who support the Elk Grove CSD Parks and Recreation's Activity Guide. To become a sponsor, call Zach Jones at 685-3917.

Elk Grove CSD  
Department of  
Parks & Recreation  
reserves the right to  
photograph facilities,  
activities, and program  
participants for  
potential future use for  
publicity or promotion  
purposes only.



## ADA - Inclusive Recreation for People with Disabilities

In accordance with the American with Disabilities Act, the Elk Grove Community Services District strives to ensure that all individuals have access to our programs and have reasonable accommodations for meaningful participation. Accommodations, to be determined on an individual basis, may include interpreting services, assistive listening devices, readers, large print material or other barrier removal for access.

To request an accommodation, please mark the "Accommodations Needed" box on the registration form. The coordinator will contact you. To assist us in meeting your request, please allow at least two weeks advance notice. For more information or to report concerns regarding access, please contact Jim Holmquist at 685-3917.

## Gifts for Tomorrow

The Elk Grove CSD Department of Parks and Recreation would like to encourage the development of local parks through the "Gifts for Tomorrow" program. This program gives citizens the opportunity to provide amenities needed in neighborhood parks, such as trees and benches. For a free "Gifts for Tomorrow" catalog and more information on this program, call Zach Jones at 685-3917.

*Today's gifts are tomorrow's treasures.*

# Elk Grove CSD Parks & Recreation

Invites you to participate  
in the Summer Programs



Summer is upon us. The season for fun, games, adventure, making new friends, spending time with family and rejuvenating our minds, body and souls. A season where we can reinvent ourselves, try new things and enjoy those experiences that are only offered this time of year.

With this in mind, allow me to invite you to spend your summer with the Elk Grove Community Services District's Department of Parks and Recreation. Within this activity guide you will find a variety of opportunities for families and all ages that will enhance your summer and create lasting

memories. Programs and activities that are fun, educational, and entertaining designed to enrich body, mind and soul.

Please take the time to peruse the material within the activity guide and remember the four L's of life. Live life to the fullest, love, learn and leave a legacy. Hope to see you this summer.

Warm Regards,

Dave Wigginton  
Parks and Recreation Administrator  
Elk Grove Community Services District  
Department of Parks and Recreation



## ELK GROVE CSD PARKS & RECREATION MISSION STATEMENT

To enhance the quality of life by creating and enriching the experiences and environments in our community in a way that:

- Contributes to the mental, physical, spiritual and social development of our community's participants;
- Strives to provide diverse and inclusive programs and events;
- Designs, develops and maintains safe, inviting, playable facilities;
- Provides learning opportunities for all ages;
- Preserves open space, historic, and natural resources;
- Creates and fosters partnerships that enhance services; and
- Promotes responsibility, leadership, and being positive role models.

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# Elk Grove CSD Park System

Summer 2003 Park Dedications • Call 685-3917 for more details!

**Glenn Houde Park**  
Club Park Circle

**Jones Park**  
Shasta Lilly Drive

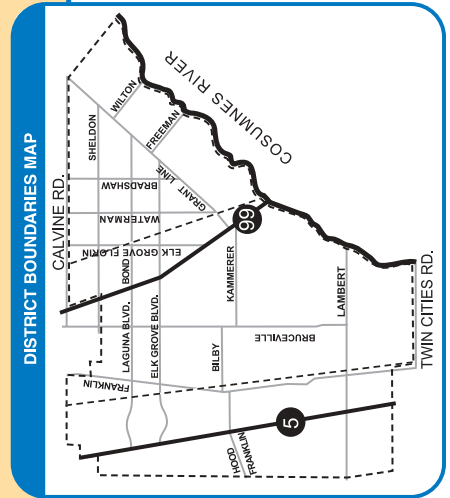
**George Henderson Park**  
W. Taron Drive

**David Simpson Park**  
Crisswell Drive

**Don Nottoli Park**  
E. Taron Drive



- PARK SITES**
1. Baker
  2. Bartholomew
  3. Batey
  4. Beaman
  5. Belschart
  6. Camden Park
  7. Camden Parkway
  8. Case
  9. Castello
  10. Caterino
  11. Cotton
  12. Davis
  13. Elk Grove
  14. Felckert
  15. File
  16. File Park Extension
  17. Foulks
  18. Gage
  19. Gates
  20. Guttridge
  21. Henderson
  22. Herburger
  23. Hill
  24. Houde
  25. Hrehich
  26. Johnson
  27. Jones
  28. King
  29. Kloss
  30. Laguna Creek Greenbelt
  31. Laguna Community
  32. Nottoli
  33. Lawrence
  34. Lawson
  35. Lichtenberger North
  36. Lichtenberger South
  37. Lippincott
  38. Lombardi
  39. MacDonald
  40. McConnell
  41. Mendoza
  42. Miwok
  43. Mix
  44. Oneto
  45. Pedersen
  46. Perry
  47. Rose
  48. Russell
  49. Simpson
  50. Smedberg
  51. Strong
  52. Town Square
  53. Underwood
  54. Van Doren
  55. Wackman
  56. Womack
  57. Zehnder
  58. Zimbelman



- FACILITIES**
- SCHOOLS**
- L. Buller Elementary
  - CC. Case Elementary
  - M. Elk Grove Elementary
  - N. Feickert Elementary
  - O. Markofer Elementary
  - P. McKee Elementary
  - Q. Ehrhardt Elementary
  - R. Donner Elementary
  - S. Foulks Ranch Elementary
  - T. Franklin Elementary
  - U. Pleasant Grove Elementary
  - V. Sims Elementary
  - BB. Stone Lake Elementary
  - W. Harriet Eddy Middle School
  - X. Joseph Kerr Middle School
  - Y. Elk Grove High School
  - Z. Laguna Creek High School
- CSD FACILITIES**
- A. CSD Administration Bldg.
  - Administration: Suite 1
  - Fire: Suite 2
  - Parks and Recreation: Suite 3
  - B. Laguna Town Hall
  - C. Castello Recreation Center
  - D. Elk Grove Recreation Center
  - E. Elk Grove Youth Center
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# Parks & Facilities

|  | Play Equipment | Picnic Area/Tables | Barbecue | Sun Shelter | Restrooms | Jogging/Bike Trail | Horse Trail | Protected Natural Area | Community Flower Garden | Horseshoe Pits | Volleyball | Tennis Courts | Half Court Basketball | Soccer Field | Softball Field | Youth Baseball | Babe Ruth Baseball | Aquatic Center | Dog Park | Parking Lot |
|--|----------------|--------------------|----------|-------------|-----------|--------------------|-------------|------------------------|-------------------------|----------------|------------|---------------|-----------------------|--------------|----------------|----------------|--------------------|----------------|----------|-------------|
| 1. Baker Park • Elk Grove Blvd. (Special Needs)    | ●              | ●                  |          | ●           |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 2. Bartholomew Park • Lakepoint Drive              |                |                    |          |             | ●         |                    |             |                        |                         |                |            |               | ●                     |              |                |                |                    |                |          |             |
| 3. Batey Park • Seasons Drive                      | ●              |                    |          |             |           |                    |             |                        |                         |                | ●          |               |                       |              |                |                |                    |                |          |             |
| 4. Beeman Park/Senior Center • Sharkey Avenue      | ●              | ●                  | ●        |             |           |                    |             | ●                      |                         |                |            |               |                       |              |                |                |                    |                | ●        |             |
| 5. Betschart Park • Adobe Spring Way               | ●              | ●                  | ●        | ●           | ●         | ●                  |             |                        |                         |                |            |               | ●                     | ●            | ●              |                |                    |                |          |             |
| 6. Camden Park • Cooperston Drive                  |                |                    |          |             | ●         |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 7. Camden Parkway • Camden Drive                   |                |                    |          |             | ●         | ●                  | ●           |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 8. Case Park • Laguna Park Drive                   | ●              | ●                  | ●        |             |           |                    |             |                        |                         |                |            |               |                       |              |                |                | ●                  |                |          |             |
| 9. Castello Park • El Toreador Way                 | ●              | ●                  | ●        |             |           |                    |             |                        |                         |                |            | ●             |                       |              |                |                |                    |                |          |             |
| 10. Caterino Park • Windy Cove Drive               |                |                    |          |             |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 11. Colton Park • Laguna Springs Way               | ●              |                    |          |             |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 12. Davis Park • Laguna Star Drive                 | ●              | ●                  | ●        |             |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 13. Elk Grove Park • Elk Grove-Florin Road         | ●              | ●                  | ●        |             | ●         | ●                  |             |                        | ●                       | ●              |            |               | ●                     | ●            | ●              | ●              | ●                  |                | ●        |             |
| 14. Feickert Park • Emerald Vista Drive            | ●              | ●                  | ●        |             |           |                    |             |                        | ●                       |                |            |               |                       |              |                |                |                    |                |          |             |
| 15. Fite Park • Careyback Drive                    | ●              | ●                  | ●        |             |           |                    |             |                        | ●                       | ●              | ●          | ●             | ●                     |              |                |                |                    |                |          |             |
| 16. Fite Park Extension • Thira Way                | ●              | ●                  |          |             |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 17. Foulks Park • Trenholm Drive                   | ●              | ●                  | ●        |             | ●         |                    |             |                        |                         |                | ●          |               | ●                     |              | ●              |                |                    |                |          |             |
| 18. Gage Park • Silverberry Avenue                 | ●              | ●                  |          | ●           |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 19. Gates Park • Mainline Drive                    | ●              | ●                  | ●        |             |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 20. Guttridge Park • Laguna Brook Way              | ●              | ●                  |          | ●           |           |                    |             |                        |                         |                |            |               | ●                     |              | ●              |                |                    |                |          |             |
| 21. Henderson Park • W. Taron Drive • COMING SOON! | ●              | ●                  |          | ●           |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 22. Herburger Park • Peninsula Way                 | ●              | ●                  |          |             |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 23. Hill Park • Porta Rosa Drive                   | ●              | ●                  |          |             | ●         | ●                  | ●           | ●                      |                         |                |            |               |                       |              | ●              |                |                    |                | ●        |             |
| 24. Houde Park • Club Park Circle • COMING SOON!   | ●              | ●                  | ●        |             |           |                    |             |                        |                         |                | ●          | ●             |                       |              |                |                |                    |                |          |             |
| 25. Hrepich Park • Black Kite Drive                | ●              | ●                  |          | ●           |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 26. Johnson Park • Lakepoint Drive                 |                |                    |          |             |           |                    |             |                        |                         |                |            |               | ●                     | ●            |                |                |                    |                |          |             |
| 27. Jones Park • Shasta Lily Drive • COMING SOON!  | ●              | ●                  | ●        | ●           | Phase 2   |                    |             |                        |                         | ●              | ●          |               |                       |              |                | ●              |                    |                | ●        |             |
| 28. King Park • Babson Drive                       | ●              | ●                  |          |             |           |                    |             |                        |                         | ●              |            |               | ●                     |              |                |                |                    |                |          |             |
| 29. Kloss Park • Laguna Park Drive                 | ●              | ●                  | ●        | ●           | ●         | ●                  |             |                        | ●                       | ●              |            |               | ●                     | ●            | ●              |                |                    |                |          |             |
| 30. Laguna Creek Greenbelt • Laguna Park Drive     |                |                    |          |             |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 31. Laguna Community Park • Bruceville Rd          | ●              | ●                  | ●        | ●           | ●         | ●                  |             |                        | Phase 2                 |                |            |               | ●                     | ●            |                |                | Phase 2            | ●              | ●        |             |
| 32. Nottoli Park • East Taron Drive • COMING SOON! | ●              | ●                  |          | ●           | ●         |                    |             |                        |                         |                |            |               | ●                     | ●            |                | ●              |                    |                | ●        |             |
| 33. Lawrence Park • Babson Drive                   |                |                    |          |             |           |                    |             |                        |                         |                |            |               | ●                     |              |                |                |                    |                |          |             |
| 34. Lawson Park • Renwick Avenue                   | ●              | ●                  |          | ●           |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 35. Lichtenberger North Park • Laguna Park Drive   |                |                    |          |             | ●         |                    |             |                        |                         |                |            |               | ●                     |              | ●              |                |                    |                |          |             |
| 36. Lichtenberger South Park • Kilconnell Drive    | ●              | ●                  | ●        |             | ●         |                    | ●           | ●                      |                         | ●              | ●          | ●             | ●                     | ●            |                |                |                    |                |          |             |
| 37. Lippincott Park • Renwick Avenue               |                | ●                  |          |             |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 38. Lombardi Park • Garrity Drive                  | ●              | ●                  |          |             |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 39. MacDonald Park • Spring Azure Way              | ●              |                    |          |             | ●         |                    | ●           |                        |                         |                |            |               | ●                     |              |                |                |                    |                |          |             |
| 40. McConnell Park • Hampton Oak Drive             | ●              | ●                  |          |             |           |                    |             |                        |                         |                |            |               | ●                     | ●            |                |                |                    |                |          |             |
| 41. Mendoza Park • Polhemus Drive                  | ●              | ●                  | ●        |             |           |                    |             |                        |                         | ●              |            |               |                       |              |                |                |                    |                |          |             |
| 42. Miwok Park • Village Tree Drive                | ●              | ●                  | ●        |             | ●         |                    |             |                        |                         |                | ●          |               | ●                     |              |                |                |                    |                |          |             |
| 43. Mix Park • Goldy Glen Way                      | ●              |                    |          |             | ●         |                    | ●           |                        |                         |                | ●          | ●             |                       |              |                |                |                    |                |          |             |
| 44. Oneto Park • Hidden Hollow Court               | ●              | ●                  |          |             | ●         |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 45. Pedersen Park • Laguna Oaks Drive              | ●              |                    |          |             | ●         |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 46. Perry Park • Brown Road                        | ●              | ●                  |          | ●           |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 47. Rose Park • Frye Creek Drive                   | ●              | ●                  |          |             |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 48. Russell Park • Grove Street                    | ●              |                    |          |             |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 49. Simpson Park • Crisswell Drive • COMING SOON!  | ●              | ●                  |          |             |           |                    |             |                        |                         |                | ●          | ●             | ●                     |              | ●              |                |                    |                |          |             |
| 50. Smedberg Park • Emerald Park Drive             | ●              |                    |          |             |           |                    |             | ●                      |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 51. Strong Park • Bay Point Way                    | ●              | ●                  |          |             |           |                    |             |                        |                         |                |            | ●             | ●                     |              | ●              |                |                    |                | ●        |             |
| 52. Town Square Park • Renwick Ave.                | ●              | ●                  |          |             | ●         |                    | ●           |                        |                         |                |            | ●             |                       |              |                |                |                    |                |          |             |
| 53. Underwood Park • Bond Road                     |                |                    |          |             | ●         | ●                  | ●           |                        |                         |                |            |               | ●                     |              | ●              |                |                    |                |          |             |
| 54. Van Doren Park • Neponset Drive                | ●              | ●                  |          |             |           |                    |             |                        |                         |                |            |               |                       |              |                |                |                    |                |          |             |
| 55. Wackman Park • Laguna Quail Drive              | ●              | ●                  | ●        |             | ●         |                    |             |                        |                         |                | ●          | ●             |                       | ●            | ●              |                |                    |                |          |             |
| 56. Womack Park • Castlevue Drive                  | ●              | ●                  | ●        | ●           |           |                    |             |                        |                         |                | ●          | ●             |                       |              |                |                |                    |                |          |             |
| 57. Zehnder Park • Neosho Drive                    | ●              | ●                  |          | ●           | ●         |                    |             |                        |                         |                |            |               | ●                     |              | ●              |                |                    |                |          |             |
| 58. Zimbelman Park • Big Horn Boulevard            | ●              | ●                  |          | ●           |           | ●                  | ●           | ●                      |                         |                |            |               | ●                     |              | ●              |                |                    |                |          | ●           |



# Laguna Creek Parkway

## Award Winning Program!



Preschoolers  
Ages 3-5 for  
groups of  
10 or more

**Set up  
a tour...**

This program was developed to help educate and involve young children in caring for and protecting our environment. Children will receive a docent led Creek Tour where they will be introduced to Elk Grove's creeks and trails through games, crafts, and science activities. The program includes pre-trip activities, support materials, docent, and materials for activities on the trail. The children will receive badges and workbooks the day of the trip. *Program sponsored by Sacramento Enriches, Elk Grove Wal-Mart & the County of Sacramento Department of Water Resources.*

For more information or to set up a tour please call 685-3917.

1115.201 **\$1/student**

The Laguna Creek Parkway flows through the backyard of the entire Elk Grove Community. The 13 mile waterway is the natural backbone of our area, holding together a system of creeks leading to the Sacramento River.



Above: Jr. Creek Keepers explore and learn about the creek.

## The Parkway features:

- wetlands
- open space
- walking and riding trails
- fishing
- bird watching



## Benefits of the Laguna Creek Parkway:

- Makes our community a better place to live by preserving and creating open space
- Protects the natural environment
- Encourages healthy lifestyles and promotes physical fitness
- Provides recreation and transportation opportunities

**Seeking:** Volunteer Docents to lead creek tours. Training is available - all you need is the desire to share your love for the outdoors with others. Call Heide at 685-3917.

## Creek Tours



Come and join our inspiring docents as they lead you through Elk Grove's open-air museum of natural history. Learn about the plants and animals that live in your backyard along the Laguna Creek Parkway.

FREE tours are held each month on Saturdays along the Laguna Creek Parkway. All ages are welcome. Meet at the designated creek location.

### May 3 - Spring Wildflowers

10:00 - 11:30am • Camden Area  
(meet north of the bridge on Bond Rd.)

### June 7 - Birds of the Creek

10:00 - 11:30am • Miwok Park, Village Tree Dr.

### July 12 - California's Oaks

10:00 - 11:30am • Jack Hill Park, Porta Rosa Dr.

### August 2 - Creatures of the Night

Evening Tour - 8:00-9:30pm

### September 6 - Leave No Trace

10:00am-11:30 • Miwok Park, Village Tree Dr.

For more info. call Heide at 685-3917



## Park Concerns?

No one likes to see graffiti or vandalism in parks. However when this does happen, Department staff would like to remove it as soon as possible. To report graffiti, vandalism or safety concerns in the parks, please call the **Grffiti & Maintenance Hotline at 714-1582**. Please leave a detailed message describing the concern and your phone number, in case further information is needed. Thanks for doing your part to keep Elk Grove's parks in top condition.



**Grffiti Abatement &  
Maintenance  
Hotline Number  
714-1582**

# Special Happenings



## Movie Night Monsters Inc.

**Family Fun!**

**June 13, 2003** (Friday the 13th)  
**Laguna Town Hall Amphitheater**  
**Seating begins at 7:30 pm**  
**(Movie starts around 8:45 pm)**

### All Ages

Black Cats, the number 13, broken mirrors, monsters. . . they are nothing to be afraid of on this Friday the 13<sup>th</sup> when you come out to Family Movie Night! Bring your blankets and enjoy Monster's Inc. (rated G) on a big screen under the stars. Popcorn provided.

5131.201 **\$10/family (up to 4)**  
**\$3/extra person**

## Family Fun!

## Community Camp-Out

**Family Fun!**

**Saturday-Sunday,**  
**July 19-20, 2003**

**Elk Grove Regional Park**

**4:00 pm Sat. - 11:00 am Sun.**

### All Ages

Pull out the tent, pack up the kids and join us for Elk Grove's Community Camp-Out! Come sing campfire songs! You will be provided with a BBQ dinner, breakfast, and night-time entertainment.

5131.202 **\$25/family (up to 4)**  
**\$7/extra person**

## Stargazing

**Family Fun!**

**Friday, August 29, 2003**  
**Franklin High School Football Field**  
**Poppy Ridge Road**  
**Beginning at 8:00 pm**

### All Ages

Twinkle, Twinkle, Little Star...but NOT so little when you look through a telescope! Join us on THE best night to view Mars in our lifetime! The Sacramento Valley Astronomical Society will share their telescopes and astronomy experts for a night of intrigue and discovery. You're welcome to bring your own telescopes, binoculars, blankets or lawn chairs. Children's activities will be available.

5131.203 **\$2/person (3 & under free)**

Fall  
Preview

Save the Dates...  
Sat. & Sun.  
October 4 & 5, 2003

9th Annual  
Elk Grove Community

**Family Fun!**



This award winning festival includes a full weekend of activities centered around a harvest theme. Elk Grove's Harvest Festival is California's Official Giant Pumpkin Weigh-Off Site!

### Become a Committee Member!

Seeking community members to assist with the planning of the next Elk Grove Harvest Festival. Call Zach at 685-3917.

### Become a Festival Sponsor!

Become a Harvest Festival Sponsor! See your logo or name printed on event promotional materials and t-shirts. For a list of the benefits you will receive call Zach at 685-3917.

**Family Fun!**

Friday  
Family Fun  
Nights  
at the Pool

**Summer Swim Kick-Off!**  
**Friday, June 6 • 6:00-8:00 pm**  
**\$3/person**

### Friday Family Fun Nights:

**June 20 - Luau**  
**July 4 - Red, White & Blue**  
**July 18 - Round em Up Water Rodeo**  
**August 1 - Pirates of the Pool**  
**August 15 - Hollywood Stars**  
**August 22 - Family Fun Olympics**

**Pool hours extended to 8:00 pm**  
**(Theme festivities begin at 4:30pm)**  
**\$3/per person**

**Elk Grove Pool**  
**Located in Elk Grove Park**  
**9950 Elk Grove-Florin Rd.**

**Family Fun!**

## Hot Summer Safety Nights

**June 19 • July 17 • August 14**

3 Evenings of Fun and Safety  
Learning with the EGCS D Fire  
Dept., EG Police Dept., and the  
EGCS D Parks & Recreation Dept.

*Bring the Kids and enjoy free Dreyers  
Ice Cream!*  
See pg 31 for details

## Event Sponsorships

**BE A LEADER IN YOUR COMMUNITY**  
The Elk Grove CSD Department of Parks & Recreation encourages the involvement of local businesses and organizations through event sponsorship. Sponsoring a special event is:

- ✓ **a great way to advertise**
- ✓ **an outstanding public image tool**
- ✓ **an active way to show support for the community**

Event sponsors are not only recognized as a sponsor of Parks & Recreation activities, but as a supporter of the Elk Grove community. For more information about how businesses and organizations can get involved, contact Zach Jones at 685-3917.

# Special Happenings

## Comedy Under the Stars

Friday, June 27  
8:00-10:00 pm  
Laguna Town Hall  
Amphitheater

Recommended for an  
Adult Audience

Come laugh under the stars! Sacramento's "Laughs Unlimited" comes to Elk Grove for an outdoor performance by some of the region's funniest comedians. Seating begins at 7:00 pm. Bring a picnic, blanket and a jacket and come enjoy the fun.  
**Per person payable at event/\$5**



## Community Play Day!

Saturday June 7, 2003

9 am-4 pm

Laguna Community Park

(Bruceville Rd. & Big Horn Blvd.)

Come see what Elk Grove has to offer -  
A full day of fun for everyone!

### Fun • Entertainment • Food

\$5 fee for sports clinics\* • pre-register: 685-3917  
See pg. 23 for a listing of the Sports Clinics

\* other activities are ongoing and  
no preregistration required!

Delicious food will be for sale at the park.

For more information call 685-3917 or 684-7550



First Anniversary Celebration  
of Laguna Community Park

### Schedule of Events

9:00 am – 12:30 pm  
Sports Skill Clinics

**Beginning at 10:00 am**  
Dog Park Happenings

Register for Summer Camps  
Crafts

Family Games and Activities  
Rock Wall

Giant Interactive Inflatables  
Carnival Games

Information Booths

Sports Mascots and Players

Marketplace and Craft Fair

Demonstrations and Displays

Demonstrations by Northern Lights  
Racing Stunt Bike Team  
(11am • 12pm • 2pm • 3pm)

Musical Concert by Crazy Chester  
(2pm -4pm)  
Food Booths

Call us for details! • 685-3917

## Strauss Festival

July 24-27, 2003

7:45 pm (prelude) 8:00 pm (show)  
Strauss Island

Elk Grove Regional Park

Come enjoy this magnificent dancing performance to the music of Johann Strauss. This year's theme is **The Kiss, a Sleeping Beauty Story**. Seating is on a first come basis. Pack a picnic dinner, grab a blanket or lawn chair and arrive early! For information or to volunteer call 714-2527. [www.straussfestival.com](http://www.straussfestival.com)

**PREVIEW NIGHT: Fri., June 6, 2003**  
at the Laguna Town Hall  
Call 714-2527 for tickets.

### Hot Summer Nights

## Community Concert Series

Spend an evening listening to beautiful music as the sun sets. The 9th annual summer concert series kicks off Friday August 1, at 6:30 pm. A wide variety of music is featured. Bring the kids, a blanket and a picnic dinner, or for those who prefer, food will be available to purchase. For more info. call 685-3917.

**6:30-8:30 pm • Laguna Town Hall Amphitheater**

3020 Renwick Avenue

### Friday Nights:

**August 1:** VIBRO COUNTS *classic rock & blues*

**August 8:** FUSE *a blend of rock, jazz & Latin rhythm*

**August 15:** KATHLEEN CAIRNS & TATOO BLUE *blues, R&B and rock & roll*

**August 22:** ON AIR *Powerful classic rock & roll*

**August 29:** THE BEAT BANDITS *a variety of musical styles*



# Outdoor Excursions

The perfect way to experience adventure and the outdoors! Trips provide transportation, entrance fees and energetic guides. Remember to bring your camera. Children under age 18 need a paid guardian attending the trip also.

**Pre-trip meetings - 7:00 pm, CSD Building, 8820 Elk Grove Blvd., Conf. Rm. B**  
**Day of the trip - Meet at 7:15 am sharp in the CSD Parking lot, 8820 Elk Grove Blvd.**  
*(unless otherwise noted)*

**Trip Full?** Add your name to the waiting list. We may add more spots if interest is high!  
**Refunds:** Subject to reduction for non-refundable items such as tickets, rental equipment, lodging, etc.

## Six Women With Brain Death - Theatre Trip

**June 12, 2003 (meet at 6:00 pm – sharp)**

**Ages 18+** • Are you ready to leave the theatre in pain because you've been laughing so hard? Now in it's sixth year (and longest running musical in Sacramento's history) at the Studio Theatre, this smash hit musical is a zany, ribald musical revue, poking fun at the insanities of modern life from relationships, marriage, and motherhood, to sex, politics, religion and popular culture. You'll be treated to a festive dinner before the show at Hukilau Island Grill. Trip includes transportation, dinner, theatre fees, and a healthy dose of laughter.

**Per person/\$45** 5147.201

(no pre-trip meeting) *Last day for full refund: 6/6*

## American River Natural History Tour

**June 28, 2003 (meet at 7:45 am)**

**Ages 6+** • Come discover your own backyard wilderness! Join us as we relax and explore the hidden channels and local wildlife in this protected river corridor. Designed for beginners, the kayaks are easy to master. Trip includes transportation, kayak guides from Current Adventures, kayak instruction, and all related kayak gear.

**Per person/\$80** 5147.202

(no pre-trip meeting) *Last day for full refund: 6/13*

## South Fork River Rafting

**July 6, 2003 (meet at 9:30am)**

**Ages 10+** • This is the trip you have been waiting for! Finally, an affordable white water rafting trip on the beautiful South Fork of the American River. No experience necessary, as we will be guided by professional river guides. We'll experience an afternoon of sunshine, wild rapids, spectacular scenery, and the joy of being with fun people. Our fee will cover transportation, the whitewater excursion, and a sumptuous lunch. Hurry and sign up soon because space is limited.

**Per person/\$110** 5147.203

(no pre-trip meeting) *Last day for full refund: 6/23*

## Two Peaks - Beginner Backpacking

**July 12-13, 2003 (meet at 7:15 am)**

**Ages 13+** •

Our destination, Two Peaks is in the Loon Lake/Desolation Wilderness area. This mild hike of about 2 miles will take us through forests, meadows, and cool rushing streams. Once we dump our packs at the camp site, we may opt for a day hike to see views of the Sierra Nevada Mountains. Price includes transportation, dinner, group gear, backpack rental, and quality guides.

**Per person/\$90** 5147.204

(pre-trip: Tues. July 1, 2003) *Last day for full refund: 6/30*



## Lava Beds Camping

**August 8-10, 2003**

**(meet at 9:00am)**

**Ages 6+**

Grab your lanterns and "Tom Sawyer" adventurous spirits! An exciting weekend is waiting for everyone in the lava tube caves! Perfect for the explorative child in all of us, the lava caves vary in degrees of difficulty, ranging from a lighted Mushpot cave, to the mile-long Catacombs with long stretches of duck walking or crawling! When we aren't in the caves, we can listen to ranger led campfire programs and visit the Native American historical and cultural sites. Cost includes transportation, group gear, 2 dinners, a personal "Bump Hat", energetic guides, and camping/entrance fees.

**Per person/\$115** 5147.205

(Pre-trip meeting Mon, August 4) *Last day for full refund: 7/25*



## Horseback Riding on the Coast

**August 23, 2003 (meet at 7:30am)**

**Age 8+ and up to 220lbs.**

This is an experience you will treasure for a lifetime! Saddle up for a ride that will take you through State Park sand dunes

towards the beach and a fantastic ride up the Sonoma Coast. Trip includes transportation, guides, and horses that are specialized to your skill level.

**Per person/\$85** 5147.206

(no pre-trip meeting) *Last day for refund: 8/8*

## San Francisco Ghirardelli Chocolate Festival

**Sept. 6, 2003 (meet at 9:00am)**

**Ages 6+**

This event might make chocolate addicts melt. Tiramisu, chocolate truffles, brownies, chocolate-covered wontons, and chocolate cheesecake are just a few of the treats available for sampling. Festival-goers can watch the "Earthquake" ice-cream sundae eating contest where the winner will receive their weight in chocolate! It's a family event with hands-on chocolate-bar and shortbread cookie decorating for the kids. Trip includes transportation, guides, festival fees, and lunch.

**Per person/\$40** 5147.207

(no pre-trip meeting) *Last day for full refund: 8/22*

## Monterey Kayak/Bike

**Sept. 27-28, 2003 (meet at 7:15am)**

**Ages 10+**

The perfect way to experience Monterey at it's warmest and finest! We'll start off with a leisurely bike tour along the coast on part of the famous 17-mile Drive, followed by a picnic dinner on the beach. The following day is a paddle through the kelp beds looking for sea otters, harbor seals, and maybe even a distant whale! The kayaks are designed for beginners to easily master so it's sure to be a trip full of beauty and relaxation as we take in the sites. Don't forget your camera! Trip includes transportation, paddling instruction, all related kayak gear, bicycles, dinner and an overnight stay at the Monterey Hostel.

**Per person /\$160** 5147.208

(pre-trip: Mon. Sept 22, 2003) *last day for full refund: 9/12*



# Aquatics



## General Information About Elk Grove Pool

**Location:** Elk Grove Park, 9950 Elk Grove-Florin Road

**Pool Phone Number:** 685-3920

**For Swim Lesson information call 685-3917.**

Swim Lessons and Rec Swim are offered at the pool. A \$4 fee is charged by the County of Sacramento for vehicle entrance to the park and is waived if you have a Family Swim Pass or swim lesson receipt.

**Summer Swim Kick-Off** • Fri., June 6 • 6:00-8:00 pm • \$3/person  
**Friday Family Fun Nights** • June 20, July 4, July 18, Aug. 1, 15, 22  
Pool Open 1:15 - 8:00 pm • \$3/per person

Have your Birthday  
Party at the Elk  
Grove Pool!  
Party Packages  
Available.  
See pg 12

## Lesson Levels

### *Turtle (Infant and Preschool w/ Parent)*

*Suggested age 6 mos. & up*

Water adjustment for parent and child. Fun is emphasized through games and songs so child learns to enjoy water. Class sessions are five days, only the first week of each session.

### *Starfish (Level 1) Water Exploration*

*32" or taller and age 3-4*

For 3-4 year olds with little or no water experience. Introduction to floating and locomotion in the water. Child learns to submerge face.

### *Seahorse (Level 2) Primary Skills*

*32" or taller*

For non-floater. Child learns front and back floats. Introduction to crawl stroke and safety skills. Child must be able to submerge face.

### *Minnow (Level 3) Stroke Readiness*

Refine crawl stroke and practice breath control. Introduction to the back crawl, elementary back stroke, and diving. Child must be able to swim on their own.

### *Otter (Level 4) Stroke Development*

Refine crawl stroke, breath control, back crawl, elementary backstroke. Introduction to breaststroke, sidestroke and treading water.

### *Dolphin (Level 5) Stroke Refinement*

Introduction of alternate breathing with emphasis on improving all skills and strokes listed above. Introduction of the butterfly stroke.

### *Shark (Level 6 & 7) Advanced Skill Proficiency*

Refinement of all strokes, including front and back crawl, breaststroke, and butterfly. Introduction of basic rescue techniques.

### *Private Lessons for ages 3+*

For the personal touch, take a private lesson. For ages 3 to 75+, we can help you improve your skills.

**Special Need Lessons** also available

## 3 Easy Steps to Sign up for Swim Lessons Registration underway. Call Today!

- 1. Pick the Lesson Level.** *See descriptions to the left.*
  - Has your child ever had organized lessons before? If not, we suggest starting at the Starfish or Seahorse level.
  - Don't overestimate your child's ability. It is easier to move your child to a higher level than to a lower level.
  - Kids often need two sessions to master a level! Consider taking two sessions of lessons at the same level.
  - If quicker skill advancement is desired or special attention is needed, please consider private lessons.
- 2. Choose Lesson Time/Session.** *Times are listed on page 11.*
  - Have your 2nd and 3rd choices ready for session and time in case your first choice is full.
- 3. Register by Phone, Fax, Mail or Walk-in.**
  - Complete the registration form on page 36.
  - Phone and fax registration requires Visa or Mastercard.

**Bring your receipt to each lesson.** The receipt is mailed to you within two weeks after we receive the registration form. You must present the receipt at the entrance to Elk Grove Park or the County of Sacramento will charge you \$4 to enter the park.

## Swim Passes - Family Fun at Discount Prices!

### Family Season Pass

**\$69**

**if purchased by May 6**

Best Value!

**\$89 if purchased by June 6**

**\$109 thereafter**

- Up to 4 family members (add \$5 each additional family member)
- Waived entry to Elk Grove Park (\$4 savings per visit!)
- Waived entry to Elk Grove Pool

**Pays for self in less than 7 days of swimming!**

**10 Visit Pass - \$25** Does not include waived vehicle entry into Elk Grove Park.

# Aquatics

## Rec Swim Pool Hours

**Weekdays:**  
**June 9- August 22**  
Hours: 1:15-4:00 pm  
\$3.00/per person



**Weekends,**  
**Memorial Day & Labor Day:**  
**May 26 - September 1**  
Hours: 12-4:00 pm  
\$4.00/per person

## Pool Rentals

**New Morning Rentals!**

Rent the Elk Grove Pool for your special function or party. Rental includes use of the pool, slide, and picnic area. Reservations are available in two hour blocks on Sat. and Sun. evenings (beginning at 4:30) for private parties from May 31 - Sept. 13. New this year - The pool is available to rent on 3 Sat. mornings this summer: July 5, Aug. 16 and Aug. 23, from 7:30-11:45 am. These reservations go fast so book now. Call 685-3917 for fees and availability.

## Early Bird Lessons

**\$40/group lessons • \$84/private lessons • \$25/turtle lessons**

### Early Bird Session 1

**Saturdays & Sundays**  
**May 10-25**

6 group lessons

4 private & turtle lessons (last 2 Sat/Sun)

| Early Bird 1<br>Sat. & Sun.<br>5/10-25 | Private Lesson | Turtle (IPAP) | Starfish (level 1) | Seahorse (level 2) | Minnow (level 3) | Otter (level 4) | Dolphin (level 5) | Shark (level 6 & 7) |
|--|----------------|---------------|--------------------|--------------------|------------------|-----------------|-------------------|---------------------|
| 12:00-12:40                            | ●              | ●             | ●                  | ●                  | ●                | ●               | ●                 | ●                   |
| 12:40-1:20                             | ●              | ●             | ●                  | ●                  | ●                | ●               | ●                 | ●                   |
| 1:20-2:00                              | ●              | ●             | ●                  | ●                  | ●                | ●               | ●                 | ●                   |
| 2:00-2:40                              | ●              | ●             | ●                  | ●                  | ●                | ●               | ●                 | ●                   |
| 2:40-3:20                              | ●              | ●             | ●                  | ●                  | ●                | ●               | ●                 | ●                   |
| 3:20-4:00                              | ●              | ●             | ●                  | ●                  | ●                | ●               | ●                 | ●                   |
| 4:00-4:40                              | ●              | ●             | ●                  | ●                  | ●                | ●               | ●                 | ●                   |
| 4:40-5:20                              | ●              | ●             | ●                  | ●                  | ●                | ●               | ●                 | ●                   |

### Early Bird Session 2

**Tuesday-Friday**

**May 27-June 6**

8 group lessons

4 turtle lessons (First week)

| Early Bird 2<br>Tues.- Fri.<br>5/27-6/6 | Private Lesson | Turtle (IPAP) | Starfish (level 1) | Seahorse (level 2) | Minnow (level 3) | Otter (level 4) |
|---|----------------|---------------|--------------------|--------------------|------------------|-----------------|
| 2:00-2:30                               | ●              | ●             | ●                  | ●                  | ●                | ●               |
| 2:30-3:00                               | ●              | ●             | ●                  | ●                  | ●                | ●               |
| 3:00-3:30                               | ●              | ●             | ●                  | ●                  | ●                | ●               |
| 3:30-4:00                               | ●              | ●             | ●                  | ●                  | ●                | ●               |
| 4:00-4:30                               | ●              | ●             | ●                  | ●                  | ●                | ●               |
| 4:30-5:00                               | ●              | ●             | ●                  | ●                  | ●                | ●               |
| 5:00-5:30                               | ●              | ●             | ●                  | ●                  | ●                | ●               |
| 5:30-6:00                               | ●              | ●             | ●                  | ●                  | ●                | ●               |

## Saturday Lessons

**\$40/group lessons • \$84/private lessons • \$25/turtle lessons**

### Saturday Session

**Saturdays Only**

**June 14-July 26\***

(\*no lessons July 5)

6 group lessons

4 private & turtle lessons  
(last 4 Sat)

| Saturday Lessons<br>6/14-7/26<br>no lessons 7/5 | Private Lesson | Turtle (IPAP) | Starfish (level 1) | Seahorse (level 2) | Minnow (level 3) | Otter (level 4) | Dolphin (level 5) | Shark (levels 6 & 7) |
|---|----------------|---------------|--------------------|--------------------|------------------|-----------------|-------------------|----------------------|
| 9:00-9:40                                       | ●              | ●             | ●                  | ●                  | ●                | ●               | ●                 | ●                    |
| 9:40-10:20                                      | ●              | ●             | ●                  | ●                  | ●                | ●               | ●                 | ●                    |
| 10:20-11:00                                     | ●              | ●             | ●                  | ●                  | ●                | ●               | ●                 | ●                    |
| 11:00-11:40                                     | ●              | ●             | ●                  | ●                  | ●                | ●               | ●                 | ●                    |

### NEW! Saturday Session

**Private Lessons • \$84**

**August 2, August 9**

2 Saturdays of 1 hour privates

Times: 8:30, 9:30, 10:30 am

**Saturday Privates**

**8/2 & 8/9**

8:30-9:30

9:30-10:30

10:30-11:30

| Private Lesson |
|----------------|
| 8:30-9:30      |
| 9:30-10:30     |
| 10:30-11:30    |

## Summer Lessons

9 group lessons: Week 1-Monday thru Friday, Week 2-Monday thru Thursday

5 turtle lessons: Week 1-Monday thru Friday

4 private lessons: Week 2-Monday thru Thursday

### Summer Session 1

**June 9-19**

### Summer Session 2

**June 23-July 3**

### Summer Session 3

**July 7-17**

### Summer Session 4

**July 21-31**

### Summer Session 5

**August 4-14**

| Level            | No. of Days | Day Fee | Eve. Fee |
|------------------|-------------|---------|----------|
| Turtle           | 5           | \$24    | \$25     |
| All other levels | 9           | \$42    | \$44     |
| Private lesson** | 4           | \$84    | \$89     |

\* Turtle classes offered only the first week of each 2 week session.

\*\* Private lessons offered only the second week of each session.

|                | Priv. Less. (2nd week only) | Turtle (IPAP) 1st week only | Starfish (level 1) | Seahorse (level 2) | Minnow (level 3) | Otter (level 4) | Dolphin (level 5) | Shark (levels 6 & 7) |
|----------------|-----------------------------|-----------------------------|--------------------|--------------------|------------------|-----------------|-------------------|----------------------|
| <b>Morning</b> |                             |                             |                    |                    |                  |                 |                   |                      |
| 10:00 - 10:30  | ●                           | ●                           | ●                  | ●                  | ●                | ●               | ●                 | ●                    |
| 10:30-11:00    | ●                           | ●                           | ●                  | ●                  | ●                | ●               | ●                 | ●                    |
| 11:00-11:30    | ●                           | ●                           | ●                  | ●                  | ●                | ●               | ●                 | ●                    |
| 11:30-12:00    | ●                           | ●                           | ●                  | ●                  | ●                | ●               | ●                 | ●                    |
| 12:00-12:30    | ●                           | ●                           | ●                  | ●                  | ●                | ●               | ●                 | ●                    |
| 12:30-1:00     | ●                           | ●                           | ●                  | ●                  | ●                | ●               | ●                 | ●                    |
| <b>Evening</b> |                             |                             |                    |                    |                  |                 |                   |                      |
| 4:15-4:45      | ●                           | ●                           | ●                  | ●                  | ●                | ●               | ●                 | ●                    |
| 4:45-5:15      | ●                           | ●                           | ●                  | ●                  | ●                | ●               | ●                 | ●                    |
| 5:15-5:45      | ●                           | ●                           | ●                  | ●                  | ●                | ●               | ●                 | ●                    |
| 5:45-6:15      | ●                           | ●                           | ●                  | ●                  | ●                | ●               | ●                 | ●                    |
| 6:15-6:45      | ●                           | ●                           | ●                  | ●                  | ●                | ●               | ●                 | ●                    |
| 6:45-7:15      | ●                           | ●                           | ●                  | ●                  | ●                | ●               | ●                 | ●                    |
| 7:15-7:45      | ●                           | ●                           | ●                  | ●                  | ●                | ●               | ●                 | ●                    |

## Private Lessons Ages 3+

For the personal touch, take a private lesson. For ages 3+, we can help you improve your skills. Private lessons will be offered during all sessions (Early Bird with the availability of instructors.) Call us to schedule your private lessons!

# Preschools

Tiny Tot Pals  
8555 E. Stockton Blvd.

Tiny Tot Zone  
(mornings only)  
Castello Rec Center  
8830 El Toreador Way

Tiny Tot Friendship Corner  
Elk Grove Rec Center Rm #3  
8828 Elk Grove Blvd.

Tiny Tot Connection  
Laguna Town Hall  
3020 Renwick Ave.

Tiny Tot Kids at Play  
Elk Grove Rec Center Rm #2  
8828 Elk Grove Blvd.

## About the Program

Children will become acquainted with numbers, shapes, colors and the alphabet while experiencing opportunities for emotional, social, physical, cognitive and creative growth. Activities include art, music, free play, sharing, games, circle time, snack and field trips.

## Preschool Schedule

**Age 3** T/Th mornings 8:30-11:30 am  
**Class begins** 9/2/03 \$118/month\*

**Age 4** M/W/F mornings 8:30-11:30 am  
M/W/F afternoons 12:30-3:30 pm  
**Class begins** 9/3/03 \$156/month\*

**Age 4** T/Th afternoons 12:30-3:30 pm  
**Class begins** 9/2/03 \$118/month\*  
\*(9 monthly payments)

## Preschool Registration

Registration began in January for the 2003/2004 school year (Sept -June ). There still may be limited openings in the preschool classes. Call 685-3917 for more information.

Children must be the required age on or before December 2, 2003.

**Children in the 3 and 4 year old preschool programs must be potty trained by the first day of class.**



PAMELA HAYES CLASSICAL BALLET THEATRE  
presents  
*Coppelia*

(916) 453-1125  
MAY 31, 8:00 P.M.  
JUNE 1, 2:00 P.M.

Performing Arts Centre  
Sheldon High School

8333 Kingsbridge Drive, Sacramento

Tickets \$15

*Photograph by Dan Lee*

Have Your Party at  
the Elk Grove Pool

The COOL  
Party place!  
"Just add  
the Kids"



facility features:

- 25 yard pool
- 140' waterslide
- shady picnic area
- playground

### Splash Party!

Swim & Cake Package  
\$119 (up to 10 guests)  
(\$10 each for additional guests)

### Tidal Wave Party!

Swim & Pizza Package  
\$149 (up to 10 guests)  
(\$12 each for additional guests)

Available Sat & Sun June 7 - August 31 and  
on weekdays by special arrangement. To book your  
party, or for more details call 684-7550.

Elk Grove Park • 9950 Elk Grove-Florin Rd.

Swim Lessons • See Pgs 10-11



# Pre K & Tots

## Toddler Time

*Ages 2-3½ years*

Introduces toddlers to play in a group setting. Children learn as they socialize and explore new ideas. Teachers emphasize sharing and cooperation during structured activities, such as art, music, outdoor play, story time and snack time. *This is not a parent participation class. Children do not need to be potty trained. Children must be 2 by first day of class.*

**Elk Grove residents (those living within the EGCS D Boundaries - see map on pg. 4) have priority to register for Toddler Time. Resident only registration for Toddler Time will begin Tuesday, May 6. Non-residents are welcome to register on a space available basis beginning Monday, May 12.**

**EG Rec Center, Rm 1**

**Fall Session 8:30-10:15 am**

1174.301 M/W 9/3-12/17\* \$315\*\*

**10:30 am-12:15 pm**

1174.302 M/W 9/3-12/17\* \$315\*\*

**8:30-10:15 am**

1174.303 T/Th 9/2-12/18\* \$315\*\*

**10:30 am-12:15 pm**

1174.304 T/Th 9/2-12/18\* \$315\*\*

(\$158 due at registration, \$157 due 6/3)\*\*  
(no class 11/11, 11/26-28)\*

## Kindergarten Readiness is a Year-Long Program

For information regarding the 2003-2004 school year, call 685-3917.

## Tiny Tot Camp

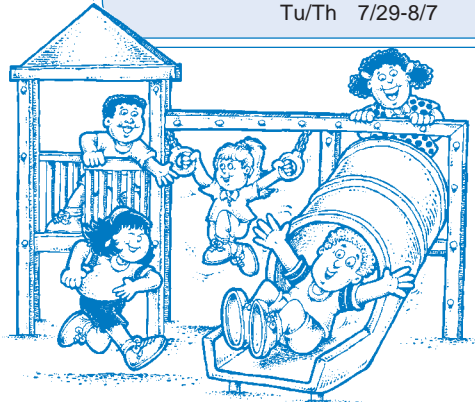
*Ages 3-5 (pre-K)*

Tiny Tot campers will experience a whirlwind of hands-on activities such as ooey, gooey arts & crafts (the stuff that's too messy for home!), active games galore, hand-clapping, campfire songs (minus the campfire), and bubbly water fun. Tiny Tot camp is lead by experienced, enthusiastic and wonderfully nurturing preschool teachers. Recommended for children with preschool experience or children signing up for 2 or more sessions. **Children must be potty trained.**

**EG Rec Center, Rm 2 8:30-11:30 am**

**M/W/F - \$75/session or Tu/Th - \$50/session**

| Session | Dates   | Themes               | Activity#            |
|---------|---|----------------------|----------------------|
| 1       | M/W/F 6/16-27<br>Tu/Th 6/17-26                      | Under the Sea        | 6840.201<br>6850.201 |
| 2       | M/W/F 6/30-7/11*<br>Tu/Th 7/1-10<br>(no class 7/4)* | Ooey Gooey Messy Fun | 6840.202<br>6850.202 |
| 3       | M/W/F 7/14-25<br>Tu/Th 7/15-24                      | Creepy Crawlers      | 6840.203<br>6850.203 |
| 4       | M/W/F 7/28-8/8<br>Tu/Th 7/29-8/7                    | Dinosaur Stomp       | 6840.204<br>6850.204 |



## Parents and Tots

*Ages 2-4½ years*

This ongoing class is for parents and young children who like to spend "special" time together in a social and educational class setting. Enjoy free play time, circle time with songs, stories and fingerplays, art projects and occasional field trips. Emphasis is on positive interaction and an overall feeling of personal success and fun. *A \$8 supply fee is payable to the instructor at the first class of each session.*

**Laguna Town Hall, Recpt. Hall \$27**

**Age 2 - 3½**

1175.201 Tu 5/20-6/10 10:00 -11:00 am

1175.202 Th 5/22-6/12 10:00 -11:00 am

1175.203 Tu 5/20-6/10 11:00 am -12:00 pm

1175.204 Th 5/22-6/12 11:00 am -12:00 pm

**Age 3 - 4½**

1175.205 Tu 5/20-6/10 12:00 -1:30 pm

1175.206 Tu 5/20-6/10 1:30 - 3:00 pm

Instructor: Linda Haran



## Buddy Bunch

Bubblin', bouncin' baby fun for you and your li'l one! A special time just for you and your child to explore, discover, create and play together while sharing the joys and challenges of raising happy children with other parents. Play will be fostered by the teacher through music, movement, art, stories and a wonderful array of age appropriate toys. Parents may participate in planning and preparing activities and will bring snack for the group on a rotation basis.

**EG Rec Center, Rm 1**

**\$68**

**Session 1**

1173.201 18-36 mos. Fri 7/11-8/22 9:00-10:30 am

1173.202 18-36 mos. Fri 7/11-8/22 10:45 am-12:15 pm

**Session 2**

1173.301 18-36 mos. Fri 9/5-10/24 9:00-10:30 am

1173.302 18-36 mos. Fri 9/5-10/24 10:45 am-12:15 pm



## Please register early for classes

Nothing cancels a good course quicker than waiting until the last minute to register. If there aren't enough people signed up by a given date, a good course is cancelled.

**See pgs 36-37 for registration info**

# Summer Day Camp

## About the Program

Grades K-6

Students that attend either a year round school or a traditional campus will enjoy camp when they're not in school. Children will enjoy lifelong learning while at day camp. Staff lead daily activities based around weekly themes. During the summer sessions, children will be grouped according to age in the Adventure Camp (5-8 year olds) or the Challenge Camp (9-12 year olds).

## How to Register

Preregistration is required and camp fills fast! Mail-in, walk-in and fax (with Visa or M/C) Registration will be accepted at the Parks and Recreation main office and at Laguna Town Hall. Payment in full is required for each session. For more information call 685-3917 or 684-7550.

Please pack a lunch & 2 healthy snacks **that require no preparation** for your day camper.

**Elk Grove Park - 8557.(Session #)**  
**Laguna Town Hall - 8554.(Session #)**



### Hours of Operation:

7:00 am-6:00 pm  
Monday-Friday

### Two Convenient Locations:

**Laguna Town Hall** 3020 Renwick Ave.

**Youth Center at Elk Grove Park**

9922 Elk Grove-Florin Road

### Time Schedule Options

| Option | Time      | Weekly<br>Prepaid* | Daily<br>Prepaid* |
|--------|-----------|--------------------|-------------------|
| 1.     | 9 am-4 pm | \$84               | \$22              |
| 2.     | 7 am-4 pm | \$94               | \$24              |
| 3.     | 9 am-6 pm | \$94               | \$24              |
| 4.     | 7 am-6 pm | \$104              | \$26              |

\* Prepaid Rate is available to all participants registered by the Friday before the week of attendance. For post rate, add \$10 to weekly rates and \$3 per day to daily rates.

- group games • arts & crafts
- contests • music & skits
- cooking • science
- special events • swimming

(swimming is daily for youth center, Tu/Th for LTH)



### Kid Central Family Night Out

at the Elk Grove Pool

Wednesday, August 20, 2003

6:30-8:00 pm

Swimming, Crafts, Games & a Sundae Bar  
for Kid Central Families Only • FREE!

## Adventure Camp (Ages 5-8)

| Activity #                          | Dates     | Theme  | Field Trips, Dates, Trip Fees*           |
|-------------------------------------|-----------|--|--|
| <b>C Track only</b>                 |           |  |  |
| ...545                              | 5/5-9     | Imagine, Learn & Play in Spectacular Space       |  |
| ...546                              | 5/12-16   | Imagine, Learn & Play at the Olympics            | Rivercats (TU 5/13) \$15                 |
| ...547                              | 5/19-23   | Imagine, Learn & Play with Fairy Tales           | Golfand - Golf & Lazer Tag (W 5/21) \$20 |
| ...548                              | 5/26-30   | Imagine, Learn & Play on an Ocean Odyssey        | Kings Skate & Movie (W 5/28) \$15        |
| <b>D Track &amp; Traditional</b>    |           |  |  |
| ...549                              | 6/2-6     | Welcome to the Jungle, now Imagine, Learn & Play | Sacramento Zoo (W 6/4) \$12              |
| ...550                              | 6/9-13    | Imagine, Learn & Play in a Caribbean Craze       | Sunsplash (W 6/11) \$25                  |
| ...551                              | 6/16-20   | Imagine, Learn & Play with Creepy Crawlers       | Marine World (W 6/18) \$30               |
| ...552                              | 6/23-27   | Imagine, Learn & Play in the Wild West           | Rivercats (Tu 6/24) \$15                 |
| <b>All Tracks &amp; Traditional</b> |           |  |  |
| ...401                              | 6/30-7/3* | Imagine, Learn & Play with Americana -closed 7/4 | Laser Force (W 7/2) \$20                 |
| ...402                              | 7/7-11    | Imagine, Learn & Play Under the Big Top          | Sunsplash (W 7/9) \$15                   |
| ...403                              | 7/14-18   | Imagine, Learn & Play at a Buccaneer Bash        | Kings Skate & Movie (W 7/16) \$15        |
| ...404                              | 7/21-25   | Imagine, Learn & Play Winter in July             | Sunsplash (W 7/23) \$25                  |
| <b>A Track &amp; Traditional</b>    |           |  |  |
| ...405                              | 7/28-8/1  | Imagine, Learn & Play in the Great Outdoors      | Camp Clyde (M-F 7/28-8/1) \$300          |
| ...406                              | 8/4-8     | Imagine, Learn & Play Under the Stars            | Exploritorium (W 8/6) \$15               |
| ...407                              | 8/11-15   | Imagine, Learn & Play at Waterpalooza            | Sunsplash (W 8/13) \$25                  |
| <b>B Track &amp; Traditional</b>    |           |  |  |
| ...408                              | 8/18-22   | Imagine, Learn & Play at a Jurassic Jam          | Country Club Lanes (W 8/20) \$15         |
| <b>B Track only</b>                 |           |  |  |
| ...409                              | 8/25-29   | Imagine, Learn & Play with Super Science         |  |

\*\*(closed July 4) \*Please note Field Trip prices vary and require separate registration

## Challenge Camp

(Ages 9-12)

For summer sessions  
(6/9-8/22, 2003)

Challenge campers will have a choice of clinics to choose from for the week. Each week 2-3 clinics will be offered. Campers will attend clinic choices on Monday, Tuesday, Thursday and Friday from 9 am - 12 pm each day. The clinics will be taught by contracted professionals and staff to give campers a variety of new activities to learn and succeed with.

(Campers choose their clinics at camp.)

For more info. please call 685-3917.

# Before & After School

## Camp Clyde

5th Annual  
week long camping trip for youth  
ages 9-12 • \$300



Monday - Friday  
July 28-Aug 1, 2003  
Camp Ross, Nevada City

### Tons of Activities

Crafts • Campfires • Sports &  
Games • S'mores  
Fishing • Laughing • Hiking  
Swimming • Bunkbeds  
Friendships • Teambuilding  
Memories that will last a lifetime!

### The perfect way to finish the summer!

A 1-6 staff to child ratio will be maintained at Camp Clyde. Space is limited. If you would like more information, or a camp brochure mailed to you please call 685-3917.

## Community Play Day!

### CAMP SIGN-UPS

Saturday, June 7, 2003  
Laguna Community Park

(Bruceville Rd. & Big Horn Blvd.)  
Bring the kids and have some fun!

Register for Summer Day Camp,  
Teen Camp, Camp Clyde and  
Field Trips...

(Special discounts offered 6/7/03 only)

Activities are ongoing in the park from  
9 am- 4 pm

Schedule of events includes Sports  
Skill Clinics, Dog Park Activities, Camp  
Festival, Carnival Games, Crafts,  
Inflatables, Stunt Bike Team Demos,  
Community Info. Booths, Demos,  
Musical Concert, Food Booths



Kid Central is a Partnership between  
Elk Grove Unified School District &  
Elk Grove CSD Parks & Recreation

## KID CENTRAL STATION

Sports ★ Arts & Crafts ★ Games ★ StudyTime ★ Drama

### Hours of Operation:

After School\* - 6:00 pm  
Monday-Friday

\* Before school (7 am) available for 7 schools

Traditional & Year Round  
Schedules

## Daily Recreation Program on Elementary School Campuses

### Grades K-6

Joining Kid Central Station is a fun way for children to spend their afternoons. The day is structured with group activities as well as study time. Staff lead daily activities planned around monthly themes. Check out the "Today at KC" Board for daily activities and the Parent Board for upcoming info.

### KCS Monthly Themes

|                 |                 |
|-----------------|-----------------|
| May             | Fun in the Sun  |
| June            | Americana Month |
| July 24-Aug. 15 | Wild West       |
| Aug 18-Sept. 12 | Fun with Nature |

**Summer Schedule:** Year round school sites will be closed from June 28-July 23, 2003 for the Summer break. If you need a recreation program for your child during this time, take a look at our Kid Central Headquarters day camp program on the previous page.

**Payment Schedule:** Depending on needs, parents can register children for the number of hours/days they need per session/track.

For registration information and a current rate schedule, please call the Elk Grove CSD Parks and Recreation office at **685-3917 or 684-7550.**

### Kid Central Station

currently serves 10 elementary schools in Elk Grove:

#### ■ Arthur Butler Elementary

Follows year round school calendar.  
Before & after school on campus.

#### ■ Raymond Case Elementary

Follows year round school calendar.  
After school only on campus.

#### ■ John Ehrhardt Elementary

Follows year round school calendar.  
Before & after school on campus.

#### ■ Elk Grove Elementary

Follows year round school calendar.  
After school only on campus.

#### ■ Ellen Feickert Elementary

Follows year round school calendar.  
After school only on campus.

#### ■ Florence Markofer Elementary

Follows year round school calendar.  
Before & after school on campus.

#### ■ Franklin Elementary

Follows traditional school calendar. Before & after school on campus.

#### ■ James McKee Elementary

Follows traditional school calendar. Before & after school. Program is held next to James McKee Elementary at Castello Rec Center.

#### ■ Joseph Sims Elementary

Follows year round school calendar. Located at the Laguna Town Hall. Before & after school. Transportation provided by Elk Grove Unified School District. Please call the school district to make arrangements for transportation.

#### ■ Stone Lake Elementary

Follows year round school calendar. Located in portable. Before & after school.

Parks & Recreation offers  
Space to learn & play



# Children/Teens



## Register for Selected Courses On-line!

Register online at [www.reclink.com](http://www.reclink.com). Enter your zip code, click on the Elk Grove CSD Parks and Recreation text and it will take you to our selected programs. If you have any questions regarding the use of **RecLink.com** feel free to contact us at (916) 685-3917. *Space is not guaranteed until a return e-mail is sent to you.*



**Look for this icon for selected courses that you can register for on-line.**

Please be aware that materials such as costumes, uniforms, and recital fees are not included in the activity fee. You are not obligated to purchase costumes or pay for extra curricular activities and/or events you are not participating in. For a more detailed description of costs, please call 685-3917.



## Swimming Pool Fun...

at the Elk Grove Pool!

Visit the Snack Shack!

Open during Recreation Swim.

(See Pgs 10-11)

## Acting Up Just for the Fun of it!

**Ages 7-13**

Come join in the fun by "Acting Up" with theatre games and activities. Focus on self-expression and freedom of movement through original monologues and commercials, short scenes and skits, and puppet play.

**Laguna Town Hall, Rm 1 \$25**  
1278.201 W 7/30-8/20 5:15-6:15 pm  
Instructor: Carolyn Martin

## Staging is Fun

**Ages 7-15**

Do something dramatic this summer by joining us in a lively musical production of the director's choice. We will be singing, dancing and acting in a relaxed, fun, creative environment and will learn to become more self-confident in the process! Come join us! *A \$10 production fee is payable to the instructor at the first class.*

**Laguna Town Hall, Recpt. Hall \$72**  
1277.201 W 7/23-9/3 3:30-5:00 pm  
Performance: Sunday, September 7, 2003  
Laguna Town Hall 6:00 pm (Rehearsal 3-6 pm)  
Performance Entrance Fee - \$1/person  
Instructor: Carolyn Martin

## Kids Can Draw & Paint

**Ages 6-15**

Children come to explore their creative sides, drawing and painting with a variety of media. Basic drawing skills are stressed along with composition and design. All supplies are provided in the supply fee. *A \$3 supply fee is payable to the instructor at the first class.*

**EG Rec Center, Rm 10 \$22**  
2202.201 W 6/4-25 3:30-4:30 pm  
2202.202 Th 6/5-7/3\* 3:30-4:30 pm  
2202.203 W 7/9-30 3:30-4:30 pm  
2202.204 Th 7/10-31 3:30-4:30 pm  
(no class 6/19)\*

Instructor: Yvonne Bonacci, 1998 California State Fair Purchase Award Winner

## Spanish for Kids

**Ages 8-12**

Let's introduce our children to a new language... Espanol! Have fun and learn at the same time. Children will love the delightful combination of games, puzzles and an end of session piñata party. Spanish culture and food will be introduced as well. *A \$7 supply fee is payable to the instructor at the first class.*

**EG Rec Center, Rm 9 \$42**  
**AGES 5-7**  
1204.201 M/W 6/2-25 4:15-5:30 pm  
**Ages 8+**  
1204.202 M/W 8/4-27 4:15-5:30 pm  
Instructor: Graciela (Grace) Alcazar

## Kids Oil Painting

**Ages 8+**

Children learn the basics of oil painting, including composition, perspective, color mixing and the use of various brushes. Usually one painting is completed in each class. *A \$4 supply fee is payable to instructor at the first class.*

**EG Rec Center, Rm 9 \$26**  
1201.201 Tu 6/3-24 3:30-5:15 pm  
1201.202 Tu 7/1-22 3:30-5:15 pm  
Instructor: Lesley Ostman

## Horsing Around

**Ages 8-18**

Learn how to ride English or Western in a relaxed, fun setting. This course covers grooming, saddling, bridling and safety. Students must wear hard soled boots with a low heel (no sneakers) and comfortable pants. Mandatory safety helmets are supplied by the instructor. *A \$5 supply fee is payable to the instructor at the first class.* Class may be divided if numbers permit.

**BEGINNING**  
**River Glade Stables \$150**  
1281.201 Tu 5/20-6/17 6:30-7:30 pm  
1281.202 Tu 6/24-7/22 6:30-7:30 pm  
1281.203 Tu 8/5-9/2 6:30-7:30 pm  
Instructor: Catriona Watson, Elizabeth Pride

Happiness consists in activity. It is a running stream, not a stagnant pool. -John Maon Good

# Children

## Kid's Clay Creations

**Ages 6-9**

Kids! Have fun using free form clay and create your very own critters, animals and unique clay coil objects. You will also paint them to take home. *A \$20 supply fee is payable to the instructor at the first class.*

**Just Clay'n Around, 9052 Elk Grove Blvd. \$20**

|          |    |        |              |
|----------|----|--------|--------------|
| 1112.201 | Th | 6/5-26 | 6:00-7:00 pm |
| 1112.202 | Tu | 7/8-29 | 6:00-7:00 pm |
| 1112.203 | Th | 8/7-28 | 6:00-7:00 pm |

Instructor: Melissa Alvarez

## Create a "Tea Party Set"

**Ages 5-9**

Paint your very own tea set to play with and cherish forever! Be prepared to get messy at the first class as you paint. Come dressed up and bring your favorite stuffed animal or doll to a very special "tea party" at the last class. *A \$25 supply fee is payable to the instructor at the first class.*

**Just Clay'n Around, 9052 Elk Grove Blvd. \$20**

|          |    |            |               |
|----------|----|------------|---------------|
| 1112.204 | Tu | 6/3, 6/10  | 12:00-2:00 pm |
| 1112.205 | Tu | 6/24, 7/1  | 6:00-8:00 pm  |
| 1112.206 | Tu | 7/8, 7/15  | 12:00-2:00 pm |
| 1112.207 | Tu | 8/12, 8/19 | 12:00-2:00 pm |

Instructor: Melissa Alvarez

## Kids Bisque Art

**Ages 6-10**

Create a self portrait plate, your very own cereal bowl and a keepsake box by using your imagination and paints. Kids will paint a different ceramic piece each week of class. Bisque will be food safe. *A \$20 supply fee is payable to the instructor at the first class.*

**Just Clay'n Around, 9052 Elk Grove Blvd. \$20**

|          |    |         |              |
|----------|----|---------|--------------|
| 1112.208 | Tu | 6/3-17  | 6:00-7:30 pm |
| 1112.209 | Th | 7/10-24 | 6:00-7:30 pm |
| 1112.210 | Tu | 8/5-19  | 6:00-7:30 pm |

Instructor: Melissa Alvarez

## Gymnastics on Horseback

**Ages 6+**

Vaulting - the sport of gymnastics on horseback - is a safe, affordable and fun way to introduce beginners to horses or help more experienced riders improve their basic seat. Students develop coordination, balance, flexibility, strength and self-confidence. Classes include instruction spent on tumbling mats, balance beams, practice barrels and the horse, of course! *\$5 supply fee is due to the instructor at the first class. Class meets rain or shine!*

**Evergreen Ranch \$40**

**9844 Pibrock Lane, Wilton**

|          |    |         |              |
|----------|----|---------|--------------|
| 1280.201 | Tu | 6/3-24  | 5:30-6:30 pm |
| 1280.202 | Tu | 7/1-29* | 6:00-7:00 pm |

(no class 7/22)\*

Instructor: Sabina Matar

## Cheerleading

**Ages 5-13**

Children will learn basic cheer moves and routines. Each week a new cheer will be taught, and at the end of the session there will be an in-class performance for parents.

**EG Rec Center, Rm 10 \$60**

**Beginning Ages 5-7**

|          |    |            |              |
|----------|----|------------|--------------|
| 1223.201 | Sa | 6/21-8/30* | 9:15-9:55 am |
|----------|----|------------|--------------|

**Beginning Ages 8-13**

|          |    |            |                |
|----------|----|------------|----------------|
| 1223.202 | Sa | 6/21-8/30* | 10:00-10:40 am |
|----------|----|------------|----------------|

**Advanced (Instructor Approval Required)**

|          |    |            |                |
|----------|----|------------|----------------|
| 1223.203 | Sa | 6/21-8/30* | 10:45-11:25 am |
|----------|----|------------|----------------|

(no class 7/5)\*

Instructor: Kidsafe Staff

## Jr. Jazzercise

**Ages 6-12**

Jr. Jazzercise teaches things like coordination, nutrition and the importance of physical fitness. Each class includes a gentle warm-up, cardio workout, stretching and cool down. In addition, children will work on a dance performance to be presented to parents and friends!

**Laguna Town Hall, Recpt. Hall \$30**

|          |    |            |              |
|----------|----|------------|--------------|
| 1321.201 | Th | 5/15-6/19* | 3:45-4:30 pm |
| 1321.202 | Th | 7/31-8/28  | 3:45-4:30 pm |

(no class 6/5)\*

Instructor:

Sue Reid, Certified Jazzercise Instructor

## Mad Science Camps

Before and after camp activities available at the Laguna Town Hall only. For more information please call 685-3917.

**Rockin' Robots Camp Ages 8-12**

Each camper builds and takes home a robot. Build a hand robot and learn the principles of how robots work. Play robot games and navigate obstacle courses. Robot selection changes each year. A \$30 material fee is payable at the first class.

**\$135 Half-day camp**

**EG Rec Center, Rm 10**

|          |     |         |                  |
|----------|-----|---------|------------------|
| 2204.201 | M-F | 6/23-27 | 9:00 am-12:00 pm |
|----------|-----|---------|------------------|

**Laguna Town Hall, Rm 1**

|          |     |         |                  |
|----------|-----|---------|------------------|
| 2204.202 | M-F | 7/21-25 | 9:00 am-12:00 pm |
| 2204.203 | M-F | 8/18-22 | 9:00 am-12:00 pm |

**M.A.S.A. Space & Rocket Camp (Mad Aeronautics & Space Administration) Ages 6-11**

What's it really like to fly into space? In this hands-on adventure, campers will experience (as realistic as possible) all aspects of space travel - from astronaut training to searching for aliens. Explore our solar system while experiencing what it's like to actually work, live, and have FUN in space. You will build many flying devices (including your own rocket), and see how Newton's Laws of motion help explain how rockets fly.

**Laguna Town Hall, Rm 2 \$215**

|          |     |         |                 |
|----------|-----|---------|-----------------|
| 2204.204 | M-F | 7/7-11  | 9:00 am-3:30 pm |
| 2204.205 | M-F | 8/11-15 | 9:00 am-3:30 pm |

**The Garden - Preschool Camp**

**Ages 3-1/2 - 5-1/2**

Make a project each day in this half-day camp, designed specifically for preschoolers. A different topic each day: Soil and Seeds; Sun, Wind and Rain; Plants and Leaves; Flowers, Fruits, Butterflies, Bees and Ladybugs.

**Laguna Town Hall, Rm 2 \$135**

|          |     |         |                  |
|----------|-----|---------|------------------|
| 2204.206 | M-F | 7/21-25 | 9:00 am-12:00 pm |
| 2204.207 | M-F | 8/18-22 | 9:00 am-12:00 pm |

**The Mad Lab Camp Ages 6-11**

Imagine being a mad scientist! This camp offers everything that's wacky and weird in science - from crazy chemistry and radical reactions to magic potions and secret mad messages. Campers make daily projects, chromatography t-shirts, bubbling bath fizzers, invisible ink, secret decoder wheels, and much more!

**Laguna Town Hall, Rm 2 Full Day \$215**

|          |     |         |                 |
|----------|-----|---------|-----------------|
| 2204.208 | M-F | 6/23-27 | 9:00 am-3:30 pm |
| 2204.209 | M-F | 8/4-8/8 | 9:00 am-3:30 pm |

**Half Day \$135**

|          |     |         |                  |
|----------|-----|---------|------------------|
| 2204.210 | M-F | 7/14-18 | 9:00 am-12:00 pm |
|----------|-----|---------|------------------|

Instructor: Mad Science Staff

Parks & Recreation offers  
Space to be safe & secure

# Children

## Beginning Polynesian Dance

Ages 5-12

E Komo Mai! Welcome to the magical world of Polynesia! A world known for the graceful movement of the hands and mesmerizing sway of the hips. Learn basic instruction in Hula Kahiko (traditional) and Hula Auana (modern). This class will follow the protocol of traditional hula classes. Please wear comfortable clothes - "Aloha." A \$10 supply fee is payable to the instructor at the first class. Class limited to 30 participants.

Laguna Town Hall, Rm 2 \$20

### BEGINNING

|          |    |        |              |
|----------|----|--------|--------------|
| 1317.201 | Sa | 6/7-28 | 9:00-9:30 am |
| 1317.202 | Sa | 8/9-30 | 9:00-9:30 am |

Instructor: Rhoda Leimomi Mabanta



## Hip Hop Funk

for Ages 12-15  
See Teen Section  
on pg. 25

## Baton Twirling

Ages 6-12

Learn basic baton twirling and dance technique, providing an excellent opportunity for children to improve coordination, rhythm, and dance moves! Beginning level 1 is designed for first time students. *You may purchase a baton for \$25 from the instructor on the first day of class.*

Elk Grove High School, Cafeteria \$56

### Beginning Baton Level 1 Ages 6-8

1218.103 Th 5/15-6/26 7:45-8:30 pm

### Beginning Baton Level 2 Ages 6-12

(prerequisite: Beginning Baton 1)

1218.106 Tu 5/6-6/17 5:00-5:45 pm

Instructor: Machele Stiehl



## "Operation Clyde" the Recreation Activity Assistance Fund

Helps Elk Grove individuals who can not afford to participate in EGCS Recreation activities. Applications are now being accepted at the EGCS Parks and Recreation main office. **For information call 685-3917.**

## Tennis "Fun"amentals

Ages 7-12

Learn the fundamentals of tennis at the beginner and intermediate level. Skills will include work on grips, stance, footwork, back swing, point of contact, follow through and toss. Each week participants will work on stroke mechanics and analysis of one of the following: forehand, backhand, serve, volley, lob, drop shot and overhead. Incorporated into classes will be strategies, physical conditioning and lots of fun. Classes are taught by a USPTA Professional.

Batey Park Tennis Courts \$59

### (Seasons Drive)

### YOUTH (Ages 7-12)

|          |    |            |               |
|----------|----|------------|---------------|
| 1801.103 | Tu | 5/13-6/10* | 3:30-4:30 pm  |
| 1801.201 | Tu | 6/17-7/8   | 9:00-10:00 am |
| 1801.202 | Tu | 7/15-8/5   | 9:00-10:00 am |
| 1801.203 | Tu | 8/12-9/2   | 9:00-10:00 am |

(no class 6/3)\*

Instructor: Ari Kalpakgian, USPTA Professional

# Longs Drug Stores

Live healthy. Live happy. Live Longs.

[www.longs.com](http://www.longs.com)

Proud to be an active member of the Elk Grove Community.  
At three locations to serve you better:

5040 Laguna Blvd.  
Phone 684-6811

8351 Elk Grove-Florin Road  
Phone 681-7905

8585 Elk Grove Blvd.  
Phone 686-5195



# Children

Gym Classes are NOW  
offered at two sites!

## Parent Participation Gym

*Ages-Walking up to 2 years, 11 months*  
Parent and child participate together in this movement exploration class, emphasizing rolling, climbing and hanging. Only one child per adult. CHILD MUST BE WALKING. A \$3 supply fee is payable to the instructor at the first class.

**Byers Gymnastic Center** **\$48**  
**8569 Bond Rd., Ste. 110**

### Session 1

|          |    |           |                   |
|----------|----|-----------|-------------------|
| 1401.201 | Tu | 5/20-6/24 | 11:50 am-12:35 pm |
| 1401.202 | W  | 5/21-6/25 | 10:40-11:25 am    |
| 1401.203 | F  | 5/23-6/27 | 4:55-5:40 pm      |
| 1401.204 | F  | 5/23-6/27 | 5:45-6:30 pm      |

### Session 2

|          |    |           |                   |
|----------|----|-----------|-------------------|
| 1401.205 | Tu | 7/15-8/19 | 11:50 am-12:35 pm |
| 1401.206 | W  | 7/16-8/20 | 10:40-11:25 am    |
| 1401.207 | F  | 7/18-8/22 | 4:55-5:40 pm      |
| 1401.208 | F  | 7/18-8/22 | 5:45-6:30 pm      |

## Tot Gym

*Ages 3 to 3 years, 11 months*  
A structured motor skill exploration that helps to develop coordination, various gymnastic movements and activities. Parents DO NOT participate. A \$3 supply fee is payable to the instructor at the first class.

**Byers Gymnastic Center** **\$48**  
**8569 Bond Rd., Ste. 110**

### Session 1

|          |    |           |                   |
|----------|----|-----------|-------------------|
| 1402.201 | Tu | 5/20-6/24 | 11:00-11:45 am    |
| 1402.202 | W  | 5/21-6/25 | 9:00-9:45 am      |
| 1402.203 | W  | 5/21-6/25 | 11:30 am-12:15 pm |

### Session 2

|          |    |           |                   |
|----------|----|-----------|-------------------|
| 1402.204 | Tu | 7/15-8/19 | 11:00-11:45 am    |
| 1402.205 | W  | 7/16-8/20 | 9:00-9:45 am      |
| 1402.206 | W  | 7/16-8/20 | 11:30 am-12:15 pm |

**Byers Gymnastic Center** **\$48**  
**29 Massie Ct., Sacramento**

### Session 1

|          |    |           |                |
|----------|----|-----------|----------------|
| 1402.207 | W  | 5/21-6/25 | 9:30-10:15 am  |
| 1402.208 | Th | 5/22-6/26 | 10:30-11:15 am |

### Session 2

|          |    |           |                |
|----------|----|-----------|----------------|
| 1402.209 | W  | 7/16-8/20 | 9:30-10:15 am  |
| 1402.210 | Th | 7/17-8/21 | 10:30-11:15 am |

## Kinder Gym

*Ages 4-5 years, 11 months*  
Children are introduced to the balance beam, bars and vault and trampoline. Improves muscle coordination and motor development. A \$3 supply fee is payable to the instructor at the first class.

**Byers Gymnastic Center** **\$48**  
**8569 Bond Rd., Ste. 110**

### Session 1

|          |    |           |               |
|----------|----|-----------|---------------|
| 1403.201 | Tu | 5/20-6/24 | 12:40-1:25 pm |
| 1403.202 | W  | 5/21-6/25 | 9:50-10:35 am |

### Session 2

|          |    |           |               |
|----------|----|-----------|---------------|
| 1403.203 | Tu | 7/15-8/19 | 12:40-1:25 pm |
| 1403.204 | W  | 7/16-8/20 | 9:50-10:35 am |

**Byers Gymnastic Center** **\$48**  
**29 Massie Ct., Sacramento**

### Session 1

|          |    |           |                |
|----------|----|-----------|----------------|
| 1403.205 | W  | 5/21-6/25 | 10:30-11:15 pm |
| 1403.206 | Th | 5/22-6/26 | 9:30-10:15 am  |

### Session 2

|          |    |           |                |
|----------|----|-----------|----------------|
| 1403.207 | W  | 7/16-8/20 | 10:30-11:15 pm |
| 1403.208 | Th | 7/17-8/21 | 9:30-10:15 am  |

## Pre-Basic Gym

*Ages 6-7 years, 11 months*  
Children learn beginning tumbling, balance beam, vault and trampoline (similar to Basic I Gymnastics, but designed for 6-7 year olds). A \$3 supply fee is payable to the instructor at the first class.

**Byers Gymnastic Center** **\$48**  
**8569 Bond Rd., Ste. 110**

### Session 1

|          |    |           |              |
|----------|----|-----------|--------------|
| 1404.201 | Tu | 5/20-6/24 | 3:10-3:55 pm |
| 1404.202 | F  | 5/23-6/27 | 5:00-5:45 pm |

### Session 2

|          |    |           |              |
|----------|----|-----------|--------------|
| 1404.203 | Tu | 7/15-8/19 | 3:10-3:55 pm |
| 1404.204 | F  | 7/18-8/22 | 5:00-5:45 pm |

**Byers Gymnastic Center** **\$48**  
**29 Massie Ct., Sacramento**

### Session 1

|          |   |            |              |
|----------|---|------------|--------------|
| 1404.205 | M | 5/19-6/30* | 4:30-5:15 pm |
|----------|---|------------|--------------|

### Session 2

|          |   |           |              |
|----------|---|-----------|--------------|
| 1404.206 | M | 7/14-8/18 | 4:30-5:15 pm |
|----------|---|-----------|--------------|

(no class 5/26)\*

## Girls Basic Gym

*Ages 8-11*  
Designed to develop coordination while teaching beginning tumbling, vault, bars, beam and trampoline. A \$3 supply fee is payable to the instructor at the first class.

**Byers Gymnastic Center** **\$48**  
**8569 Bond Rd., Ste. 110**

### Session 1

|          |   |           |              |
|----------|---|-----------|--------------|
| 1405.201 | F | 5/23-6/27 | 4:00-4:45 pm |
|----------|---|-----------|--------------|

### Session 2

|          |   |           |              |
|----------|---|-----------|--------------|
| 1405.202 | F | 7/18-8/22 | 4:00-4:45 pm |
|----------|---|-----------|--------------|

**Byers Gymnastic Center** **\$48**  
**29 Massie Ct., Sacramento**

### Session 1

|          |   |           |              |
|----------|---|-----------|--------------|
| 1405.203 | W | 5/21-6/25 | 5:30-6:15 pm |
|----------|---|-----------|--------------|

### Session 2

|          |   |           |              |
|----------|---|-----------|--------------|
| 1405.204 | W | 7/16-8/20 | 5:30-6:15 pm |
|----------|---|-----------|--------------|

## Boys Basic Gym

*Ages 8-11*  
Designed to develop coordination while teaching beginning tumbling, vault, bars, beam and trampoline. A \$3 supply fee is payable to the instructor at the first class.

**Byers Gymnastic Center** **\$48**  
**8569 Bond Rd., Ste. 110**

### Session 1

|          |   |           |              |
|----------|---|-----------|--------------|
| 1406.201 | F | 5/23-6/27 | 5:45-6:30 pm |
|----------|---|-----------|--------------|

### Session 2

|          |   |           |              |
|----------|---|-----------|--------------|
| 1406.202 | F | 7/18-8/22 | 5:45-6:30 pm |
|----------|---|-----------|--------------|

**Byers Gymnastic Center** **\$48**  
**29 Massie Ct., Sacramento**

### Session 1

|          |   |           |              |
|----------|---|-----------|--------------|
| 1406.203 | W | 5/21-6/25 | 4:30-5:15 pm |
|----------|---|-----------|--------------|

### Session 2

|          |   |           |              |
|----------|---|-----------|--------------|
| 1406.204 | W | 7/16-8/20 | 4:30-5:15 pm |
|----------|---|-----------|--------------|

## Gymnastics

Classes are instructed by:  
**Byers Gymnastics Coaches**  
For optimum participation, all class sizes are limited.  
**NOW offered at two sites!**

My son has grown from this experience and has learned the basics and safety. -Parent of Participant

# Children

## Kids Self-Defense & Safety



5-13 yrs.

Learn basic self-defense skills and techniques to protect yourself and help build confidence. Instructor will also cover different issues on safety. Parents are invited to watch or assist in the class. This class is designed as an on-going program where your child can progress through the ranks.

**EG Rec Center Rm 9** **\$60**  
\$30.00 optional Uniform  
\$7.00 Belt advancement fee optional

**Ages 5-7**

1607.201 Sa 6/21-8/30\* 10:00-10:40 am

**Ages 8-13**

1607.202 Sa 6/21-8/30\* 10:45-11:25 am  
(no class 7/5)\*

Instructor: Kidsafe Staff

## Kids Jeet Kune Do

Ages 5-12

Come and learn the martial art that Bruce Lee developed. This class focuses on discipline, respect, self defense, confidence, fitness and fun.

**EG Rec Center, Rm 9** **\$39**  
**BEGINNER**

1604.201 M/W 6/2-25 5:45-6:25 pm

1604.202 M/W 8/4-27 5:45-6:25 pm

**INTERMEDIATE**

1604.203 M/W 6/2-25 6:30-7:10 pm

1604.204 M/W 8/4-27 6:30-7:10 pm

Instructor: Shannon Newman

## Karate

Ages 6+

Students learn to be the best at anything they do while building self-confidence. Class includes aspects of Kyokoshinkai Karate, Hung-gar Kung Fu, and Aiki Jujitsu.

**EG Rec Center, Rm 9** **\$39**

1601.105 T/Th 5/6-29 6:00-7:30 pm

1601.201 T/Th 6/3-26 6:00-7:30 pm

1601.202 T/Th 7/8-31 6:00-7:30 pm

1601.203 T/Th 8/5-28 6:00-7:30 pm

Instructor: Buck's School of Tiger Staff



**Look for this icon for selected courses that you can register for on-line.**

## Taekwondo Tots

Ages 2-3

This ongoing program introduces the basics of Taekwondo to toddlers. The course is designed to develop coordination, balance and attention span in addition to basic Taekwondo movements in a fun structured environment. Taekwondo Tots prepares toddlers for Kinder Taekwondo. *Parents must attend class with their child. Any special needs need to be addressed with the instructor before class begins.*

**Elk Grove Rec Center, Rm 9** **\$22**

1611.201 Sa 6/7-28 9:00-9:30 am

1611.202 Sa 7/12-8/2 9:00-9:30 am

1611.203 Sa 8/9-30 9:00-9:30 am

Instructor: Mark Gothard, Kidsafe

## Kinder Taekwondo

Ages 4-6 (only those of proper age may attend)

Increase coordination, self-esteem, conflict resolution and social interaction skills in addition to learning the fundamentals of Taekwondo/Karate for self defense. Special emphasis will be on the virtues of courtesy, self discipline, self control and respect for others. *A \$40 uniform fee is payable to the instructor by the second class.*

**Laguna Town Hall, Rm 2** **\$50**

1611.204 M/W 6/2-30 5:30-6:15 pm

1611.205 M/W 7/2-30 5:30-6:15 pm

1611.206 M/W 8/4-9/3\* 5:30-6:15 pm

(no class 9/1)\*

Instructor: Robinson's Taekwondo Staff

## Junior Taekwondo

Ages 7-13

Designed to promote muscular development, improve coordination and flexibility as well as familiarize students with the fundamental Taekwondo exercises and techniques for self defense skills. Non-competitive format - students advance on their individual abilities. *A \$40 uniform fee is payable to the instructor by the second class.*

**Laguna Town Hall, Rm 2** **\$50**

1611.207 M/W 6/2-30 6:15-7:00 pm

1611.208 M/W 7/2-30 6:15-7:00 pm

1611.209 M/W 8/4-9/3\* 6:15-7:00 pm

(no class 5/26)\*

Instructor: Robinson's Taekwondo Staff

## Pee Wee Pre-Sport

Ages 3-5

**Outdoors!**

This class offers a chance for mommy or daddy to go to class with your little ones. You will learn how to prepare your child for future team sport activities. Children will be introduced to the basic and simple fundamentals of soccer, baseball, basketball and football. One adult must be present for each child attending the program. Please wear tennis shoes and bring your water bottle.

**Lichtenberger North Park, Laguna Park Dr.** **\$38**

**3-5 YEAR OLDS** (Limit 25 Children)

1926.201 Tu/Th 5/20-29 11:00-11:45 am

1926.202 Tu 8/5-26 12:00-12:45 pm

Instructor: Steve Abrams, High Performance Sports

## Pee Wee Basketball

Ages 3-6

Mark your calendar for six weeks of skills, drills, fundamentals, fun and games. Participants practice dribbling, passing, and shooting.

**3-4 YEAR OLDS** (Limit 10 Children) **\$32**

**California Family Fitness, Bond Road**

1938.201 Sa 6/14-7/12 12:30-1:00 pm

1938.202 Sa 6/14-7/12 1:00-1:30 pm

1938.203 Sa 6/14-7/12 1:30-2:00 pm

1938.204 Sa 7/19-8/16 12:30-1:00 pm

1938.205 Sa 7/19-8/16 1:00-1:30 pm

1938.206 Sa 7/19-8/16 1:30-2:00 pm

1938.207 Sa 8/23-9/20 12:30-1:00 pm

1938.208 Sa 8/23-9/20 1:00-1:30 pm

1938.209 Sa 8/23-9/20 1:30-2:00 pm

**5-6 YEAR OLDS** (Limit 20 Children) **\$55**

**Castello Park, El Toreador Way**

1938.210 Sa 6/14-7/12 8:30-9:20 am

1938.211 Sa 6/14-7/12 9:30-10:20 am

1938.212 Sa 6/14-7/12 10:30-11:20 am

1938.213 Sa 7/19-8/16 8:30-9:20 am

1938.214 Sa 7/19-8/16 9:30-10:20 am

1938.215 Sa 7/19-8/16 10:30-11:20 am

1938.216 Sa 8/23-9/20 8:30-9:20 am

1938.217 Sa 8/23-9/20 9:30-10:20 am

1938.218 Sa 8/23-9/20 10:30-11:20 am

Instructors: Teresa Lerma and Rebeca Frias

# Youth Sports

## Pee Wee Soccer

**Ages 3-6**

Introduce your child to the world of sports through our non-competitive soccer skills clinics. Instruction will encourage age appropriate activities while teaching socialization, team work, and gross motor skills. This class will provide a fun and positive interaction in a nurturing environment. Parents will be encouraged to participate with their child.

**Miwok Park, Village Park Dr.**

**3-4 YEAR OLDS \$48**

|          |       |        |              |
|----------|-------|--------|--------------|
| 1934.201 | M/W   | 6/2-25 | 4:30-5:00 pm |
| 1934.202 | M/W   | 6/2-25 | 5:00-5:30 pm |
| 1934.203 | Tu/Th | 6/3-26 | 4:30-5:00 pm |
| 1934.204 | Tu/Th | 6/3-26 | 5:00-5:30 pm |

**5-6 YEAR OLDS \$56**

|          |       |        |              |
|----------|-------|--------|--------------|
| 1934.205 | M/W   | 6/2-25 | 5:30-6:15 pm |
| 1934.206 | Tu/Th | 6/3-26 | 5:30-6:15 pm |

**Jones Park, Shasta Lily Dr.**

**3-4 YEAR OLDS \$48**

|          |       |        |              |
|----------|-------|--------|--------------|
| 1934.207 | M/W   | 6/2-25 | 4:30-5:00 pm |
| 1934.208 | M/W   | 6/2-25 | 5:00-5:30 pm |
| 1934.209 | Tu/Th | 6/3-26 | 4:30-5:00 pm |
| 1934.210 | Tu/Th | 6/3-26 | 5:00-5:30 pm |

**5-6 YEAR OLDS \$56**

|          |       |        |              |
|----------|-------|--------|--------------|
| 1934.211 | M/W   | 6/2-25 | 5:30-6:15 pm |
| 1934.212 | Tu/Th | 6/3-26 | 5:30-6:15 pm |

**Kloss Park, Lower, Laguna Park Dr.**

**3-4 YEAR OLDS \$48**

|          |       |        |              |
|----------|-------|--------|--------------|
| 1934.213 | M/W   | 7/7-30 | 4:30-5:00 pm |
| 1934.214 | M/W   | 7/7-30 | 5:00-5:30 pm |
| 1934.215 | Tu/Th | 7/8-31 | 4:30-5:00 pm |
| 1934.216 | Tu/Th | 7/8-31 | 5:00-5:30 pm |

**5-6 YEAR OLDS \$56**

|          |       |        |              |
|----------|-------|--------|--------------|
| 1934.217 | M/W   | 7/7-30 | 5:30-6:15 pm |
| 1934.218 | Tu/Th | 7/8-31 | 5:30-6:15 pm |

**Gates Park, Mainline Dr.**

**3-4 YEAR OLDS \$48**

|          |       |        |              |
|----------|-------|--------|--------------|
| 1934.219 | M/W   | 7/7-30 | 4:30-5:00 pm |
| 1934.220 | M/W   | 7/7-30 | 5:00-5:30 pm |
| 1934.221 | Tu/Th | 7/8-31 | 4:30-5:00 pm |
| 1934.222 | Tu/Th | 7/8-31 | 5:00-5:30 pm |

**5-6 YEAR OLDS \$56**

|          |       |        |              |
|----------|-------|--------|--------------|
| 1934.223 | M/W   | 7/7-30 | 5:30-6:15 pm |
| 1934.224 | Tu/Th | 7/8-31 | 5:30-6:15 pm |

Instructor: EGYSL Certified Coaches

## Running Class

**Ages 13-17**

Get into top condition with this cross country training class. Learn the proper stretching exercises and running techniques from experienced coaches. Runners of all levels are welcome to participate.

**Youth Center \$20**

|          |     |           |               |
|----------|-----|-----------|---------------|
| 1840.201 | M-F | 7/21-8/22 | 8:00-10:00 am |
|----------|-----|-----------|---------------|

Instructors: Tim Jordan & Joe Viega, EGHS Cross Country Coaches

## Pee Wee Soccer Camp

**Ages 3-5**

Learn how to prepare your child for the exciting sport of soccer. Mommy or Daddy will have the opportunity to assist their child with age appropriate activities in the fundamentals of soccer. One adult must be present for each child attending the program. Please wear tennis shoes and bring your water bottle.

**Lichtenberger North Park (Limit 25 Children) \$38**

|          |       |         |                   |
|----------|-------|---------|-------------------|
| 1934.225 | Tu/Th | 7/22-31 | 11:00-11:30 am    |
| 1934.226 | Tu/Th | 7/22-31 | 11:30 am-12:00 pm |
| 1934.227 | Tu/Th | 8/5-14  | 11:00-11:30 am    |
| 1934.228 | Tu/Th | 8/5-14  | 11:30 am-12:00 pm |
| 1934.229 | Tu/Th | 8/19-28 | 11:00-11:30 am    |
| 1934.230 | Tu/Th | 8/19-28 | 11:30 am-12:00 pm |

Instructor: Steve Abrams, High Performance Sports



## Jr. Basketball Skills & Drills - Outdoors

**Ages 7-12**

Come participate in our camp and learn the fundamentals of basketball. Coaches will review passing, dribbling, shooting, and rebound techniques. Camp is located on outdoor courts. *Wear appropriate athletic gear and bring a water bottle.*

**California Family Fitness**

**8569 Bond Road, Ste. 130**

**AGES 7-8 \$48**

|          |    |          |                |
|----------|----|----------|----------------|
| 1939.201 | Sa | 6/7-28   | 9:00-9:50 am   |
| 1939.202 | Sa | 6/7-28   | 10:00-10:50 am |
| 1939.203 | Sa | 7/12-8/2 | 9:00-9:50 am   |
| 1939.204 | Sa | 7/12-8/2 | 10:00-10:50 am |
| 1939.205 | Sa | 8/9-30   | 9:00-9:50 am   |
| 1939.206 | Sa | 8/9-30   | 10:00-10:50 am |

**AGES 9-12 \$48**

|          |    |          |                |
|----------|----|----------|----------------|
| 1939.207 | Sa | 6/7-28   | 11:00-11:50 am |
| 1939.208 | Sa | 7/12-8/2 | 11:00-11:50 am |
| 1939.209 | Sa | 8/9-30   | 11:00-11:50 am |

Instructor: Chanelle Littlejohn

## Got Skills? Part 2 Basketball Camp

**Ages 7-15**

Last year's camp was such a great success that we have to do it again! Join former NBA basketball player Dell Demps in learning teamwork, fundamental basketball skills, sportsmanship, and most of all to have FUN, FUN, and more Fun. Camp is geared towards boys and girls of all skill levels. No matter if you are a beginner or have a double-cross-over, behind-the-back, no-look, alley-oop-pass in your game. The camp will feature a surprise NBA guest speaker. Each player receives a camp t-shirt, player evaluation and a goodie package. *Sign up early because last year the camp sold out and we had to turn people away.*

**Cosumnes River College**

**\$125**

|          |      |          |              |
|----------|------|----------|--------------|
| 1933.201 | M-Th | 6/30-7/3 | 9:00-3:00 pm |
|----------|------|----------|--------------|

Instructor: Dell Demps

## Volleyball Camp

**Ages 7-12 Outdoors!**

Come learn the basic techniques of passing, setting, hitting, serving and blocking... outdoors! All levels of experience are welcome. Outdoor grass volleyball rules will be covered. This 4 day camp will be coached by Kristyn Williams and other members of Sheldon High School and the Sac Town Volleyball Club. *Bring a waterbottle and wear athletic clothing and tennis shoes.*

**Lawson Park, Renwick Ave.**

**\$56**

|          |      |         |              |
|----------|------|---------|--------------|
| 1921.201 | M-Th | 7/21-24 | 6:30-8:00 pm |
|----------|------|---------|--------------|

Instructor: Kristen Williams



# Youth Sports

## Youth Flag Football League



**Ages 6-14**

Flag Football teaches boys and girls the fundamentals of Football, good sportsmanship and team work all in a fun, non-competitive way. Boys and girls play on the same teams. Teams are often made up of kids from the same school. Practices begin in September with locations, day and time determined by the coach. The Gridiron

Tribune, detailing photo day, important dates, team assignments, etc., will be mailed. In this league, all players

receive a reversible NFL FLAG jersey, mouthpiece, team picture and team trophy. (Must be 6 by January 1, 2003. Cannot be 15 before September 1, 2003.) Call 685-3917 to have registration forms mailed to you.

|  |                       |                    |
|--|-----------------------|--------------------|
| <b>Laguna Community Park</b> (Bruceville Rd & Big Horn Blvd) | <b>\$71</b>           | games vary between |
| <b>DIVISION 1 (Ages 12,13,14)</b>                            | 1935.301 Sa 9/13-11/1 | 10:00-5:00 pm      |
| <b>DIVISION 2 (Ages 10,11)</b>                               | 1935.302 Sa 9/13-11/1 | 10:00-5:00 pm      |
| <b>DIVISION 3 (Ages 8,9)</b>                                 | 1935.303 Sa 9/13-11/1 | 10:00-5:00 pm      |
| <b>DIVISION 4 (Ages 6,7)</b>                                 | 1935.304 Sa 9/13-11/1 | 10:00-5:00 pm      |

### Registration by mail or in person by **August 1**

Come in or call to request the Flag Football registration form.

Please allow an extra 10-15 minutes to complete registration and emergency information forms.

*Beginning August 5th a waiting list will be formed. If space becomes available, the late registration fee will be \$81 per player.*

*Volunteer Coaches are needed.*

**Mandatory Coaches training** - 7/26 9:00 am-2:00 pm

Please call 685-3917 for more information.



## Soccer Camp

**Ages 5-16**

English Professional Soccer Academy is coming to Elk Grove to conduct a first class soccer camp for players of all levels. There will be a guaranteed ratio of players to each coach, creating a personal environment in which your child can learn. Your child will be taught techniques and skills in the first part of the camp and will have the chance to demonstrate the skills learned in game situations. Your child will receive expert coaching, get the chance to play in the World Cup tournament and take part in the Penalty King Shooter Final. There will be an award for everyone at the end of the week and the chance to win prizes, medals, cups and other ESPA goodies. EPSA employs professional certified coaches with USSF or UEFA Coaching awards. All coaches have played professional or semi-professional soccer in the US, UK and Europe. *Fee includes a camp T-Shirt.*

**Laguna Community Park, MP Field \$90 Boys**

|          |     |         |                  |
|----------|-----|---------|------------------|
| 1924.201 | M-F | 7/14-18 | 9:00 am-12:00 pm |
| 1924.202 | M-F | 8/18-22 | 9:00 am-12:00 pm |

### Girls

|          |     |         |              |
|----------|-----|---------|--------------|
| 1924.203 | M-F | 7/14-18 | 1:00-4:00 pm |
| 1924.204 | M-F | 8/18-22 | 1:00-4:00 pm |

Instructor: Mark Carr, English Professional Soccer Academy

## EGHS Herd Jr. Baseball Camp

**Ages 6-13**

Develop the skills needed to play baseball at the Cal Ripken, Pony and Little League level, with an emphasis on being prepared for high school play. Practices are held at the Elk Grove High School baseball field. Camp t-shirt is included in the price of camp!

**EGHS Varsity Baseball Fields \$62**

|          |     |         |               |
|----------|-----|---------|---------------|
| 1930.201 | M-F | 7/14-18 | 8:00-11:00 am |
|----------|-----|---------|---------------|

Instructor: Jeff Carlson, EGHS Baseball Coach and Players

## Soccer Skills & Drills

**Ages 7-12**

Get in shape for the soccer season! Participants will enhance skills and techniques in shooting, dribbling and passing. Class will stress team strategies. *Please bring a water bottle. Shin guards are required.* (25 participant maximum)

**Miwok Park, Village Tree Dr. \$64**

|          |     |        |              |
|----------|-----|--------|--------------|
| 1934.231 | M/W | 6/2-25 | 6:15-7:05 pm |
|----------|-----|--------|--------------|

**Kloss Park, Laguna Park Dr. \$64**

|          |     |        |              |
|----------|-----|--------|--------------|
| 1934.232 | M/W | 7/7-30 | 6:15-7:05 pm |
|----------|-----|--------|--------------|

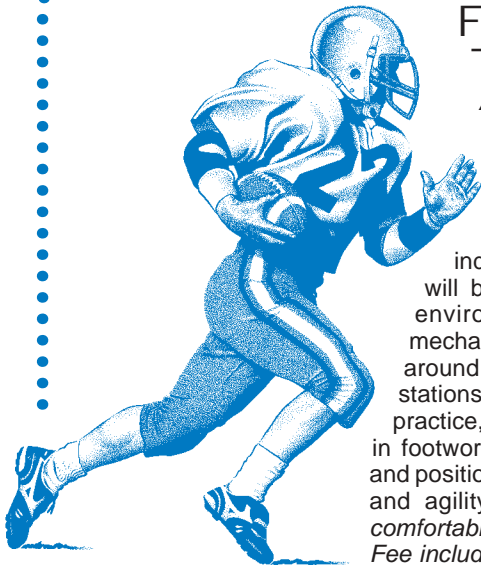
Instructor: EG Youth Soccer League Coaches and Athletes



*The program gave my child the opportunity to build skills and friendships.*

*-Parent of Participant*

# Youth Sports



## Flag Football Training Camp

**Ages 6-14**

Signed up for Flag Football or not sure if Flag Football is the sport for you? Prepare for the fall season with High Performance Sports. This developmental camp will focus on improving fundamental skills via group and individual instruction, drills and games. Players will be exposed to a fun and entertaining camp environment and will learn football skills and mechanics from top-notch coaches. The camp centers around a daily regimen of offensive and defensive skill stations stressing the importance and value of quality practice, the rules of the game, and on field performance in footwork and balance, running, receiving, throwing, and position specific techniques. A physical conditioning and agility program will also be introduced. *Wear comfortable clothing. Cleats are highly recommended. Fee includes a camp T-shirt.*

**Laguna Community Park \$48**  
1935.203 Sa 8/2-23 10:00-11:30 am  
Instructor: Steve Abrams, High Performance Sports

## Teen Tennis "Fun"damentals

**Ages 13-17**

Learn the fundamentals of tennis at the beginner and intermediate level. Skills will include work on grips, stance, footwork, back swing, point of contact, follow through and toss. Each week participants will work on stroke mechanics and analysis of one of the following: forehand, backhand, serve, volley, lob, drop shot and overhead. Incorporated into classes will be strategies, physical conditioning and lots of fun. Classes are taught by a USPTA Professional.

**Batey Park Tennis Courts \$59**  
(Seasons Drive)

**YOUTH (Ages 13-17)**

|          |    |            |                |
|----------|----|------------|----------------|
| 1801.106 | W  | 5/14-6/11* | 3:30-4:30 pm   |
| 1801.204 | Tu | 6/17-7/8   | 10:00-11:00 am |
| 1801.205 | Tu | 7/15-8/5   | 10:00-11:00 am |
| 1801.206 | Tu | 8/12-9/2   | 10:00-11:00 am |

(no class 6/4\*)

Instructor: Ari Kalpakgian, USPTA Professional

For more info. on  
Community Play Day  
see pg 8

## Community Play Day! SPORTS CLINICS

**Saturday, June 7, 2003 • Laguna Community Park**

**All Clinics \$5 each**

**Please pre-register by calling 685-3917**

### Soccer Clinic

**Ages 4-12**

These fun and exciting soccer clinics will enhance your skills and techniques. You will learn about offensive and defensive moves while meeting some of the top athletes in the Elk Grove area. Remember to bring your water bottle and shin guards.

|          |           |               |
|----------|-----------|---------------|
| 5132.201 | Ages 4-5  | 9:00-9:30am   |
| 5132.202 | Ages 6-7  | 9:30-10:30am  |
| 5132.203 | Ages 8-12 | 10:30-11:30am |

Coaches: Certified EGYSL Coaches and Athletes

### Goal Keeper Clinic

**Ages 7-12**

This special one hour clinic will provide specific instruction on goal tending. This clinic can be for participants who have experience or who may be interested in learning more about the position.

|          |           |               |
|----------|-----------|---------------|
| 5132.204 | Ages 7-12 | 11:30-12:30pm |
|----------|-----------|---------------|

Coaches: Certified EGYSL Coaches and Athletes

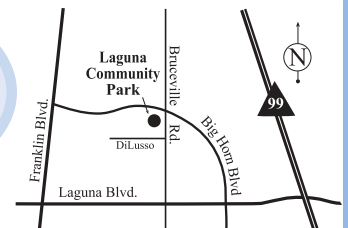
### Flag Football Clinic

**Ages 6-14**

Introduce your child to NFL Flag Football. In this one hour clinic, you will review basic passing and receiving skills in a fun and upbeat way. After the clinic there will be an opportunity to sign up for the NFL Flag Football League which starts in September.

|          |            |               |
|----------|------------|---------------|
| 5132.205 | Ages 6-10  | 9:00-10:00am  |
| 5132.206 | Ages 11-14 | 10:00-11:00am |

Coaches: EGCSD staff





## Destination: Adventure!

### Teen Summer Camp

*Ages 12-14 (graduated 6th grade-graduated 9th grade)*

No more summer boredom, no more excuses! Teens will meet new friends, learn to make healthy lifestyle choices, explore new careers and have fun! Price includes admission and transportation for all excursions, leadership, and supplies.

Pre-registration is required! Instructor: Recreation Staff

**Meet at Castello Rec Center,  
El Toreador Way**

**\$149/session M-Th 7:30 am-6:00 pm**

### Destination: High Adventure!

**June 16-19 1526.201**

A trip to CSUS Ropes Course (Mon), Mountain Biking (Tues), Rock-Climbing (Wed), and Rafting on the American River (Thurs)

### Destination: Sports!

**June 23-26 1526.202**

Sunsplash racetrack (Mon), River Cat's game (Tues), Country Club Lanes (Wed), Indoor soccer and flag football In the Net (Thur)

### Destination: Gear Up for College!

**June 30-July 3 1526.203**

We will be touring four colleges, Berkeley (Mon), UC Davis (Tues), Sierra Community College (Wed), UOP (Thurs). We will explore the campus, dorms, Student Union, and spend part of our day visiting the community and participating in activities that surround the colleges.

### Destination: Wet and Wild!

**July 7-10 1526.204**

Marine World (Mon), Natural Bridges-cave swimming, (Tues) Golfand Sunsplash (Wed),

Call 685-3917 for more information.

Folsom Lake (Thurs). Leaving early on Tuesday, and arriving back late on Monday and Tuesday.

### Destination: Ocean Adventure!

**July 14-17 1526.205**

Santa Cruz Beach Boardwalk and Tide Pools (Mon) Monterey Bay Aquarium (Tues) Point Lobos State Park and Pier 39 (Wed) San Francisco Marine Mammal Center (Thur) Leaving 8am Mon. morning. We will stay in youth hostles and arrive back Thurs. at 6pm.

### Destination: Western Adventure!

**July 21-24 1526.206**

Explore the State Historic Park of Columbia (Mon), gemstone mining at Sutter Gold mine (Tues), Horseback riding at 4 Aces Ranch (Wed), and Old Sacramento (Thur).

### Destination: Exploration!

**July 28-31 1526.207**

Black Chasm Caverns in calaverous caverns (Mon.), Cosumnes River hike (Tues), SF Exploratorium (Wed.) overnight stay at marin headlands hostel, San Francisco bay cruise (Thurs). Overnight on Wednesday and late return on Thursday.

## Teen Evenings Out!

Wednesday & Thursday Evenings at the Laguna Town Hall Amphitheater

*Ages 12-16 years*

Check out this year's movie and concert series is just for teens! Get up, get out and enjoy the summer evenings outdoors. Grab your friends, a lawn chair or blanket and kick back while listening to local bands and watching movies in the park. Teens will have the opportunity to meet new people and socialize with their friends in a safe, drug free, supervised environment. *All movies are rated either PG or PG-13. Each evening a snack bar will be open.*

### MOVIE NIGHTS

**Wednesdays • 8:30-11:00 pm  
July 9, 16, 23, 30**

### CONCERT NIGHTS

**Thursdays • 8:00-10:00 pm  
July 10, 17, 24, 31**

***This is a FREE series for teens!!!***

Call 685-3917 for more information.

## Learn to Facepaint



*Ages 12-15 and 16+*

Learn fast and easy facepainting designs. You will also learn the do's and don'ts in facepainting, types of products to use and where to purchase them.

**EG Rec Center, Rm 10**

**\$40**

**Ages 12-15**

|          |    |      |              |
|----------|----|------|--------------|
| 1517.201 | Sa | 6/28 | 1:00-5:00 pm |
| 1517.202 | Sa | 7/26 | 1:00-5:00 pm |

**Ages 16+**

|          |    |      |              |
|----------|----|------|--------------|
| 1517.203 | Sa | 6/14 | 1:00-5:00 pm |
| 1517.204 | Sa | 7/12 | 1:00-5:00 pm |

Instructor: Angelina Romero

## Recreation on Campus (ROC)



**After School-6:00 pm  
Toby Johnson Middle School  
\$15/week -or- \$50 /month**

- ✓ For Middle School Students (Grades 7-8)
- ✓ Friday Events for all participants
- ✓ Preregistration is required

Recreation On Campus (R.O.C.) is an after school recreation program for middle school teens. This newly designed format offers teens a place to hang out in a relaxed teen center atmosphere with friends or do homework .

Call 685-3917 for more information or a brochure detailing the classes offered this summer.



A Partnership between  
Elk Grove Unified School District &  
Elk Grove CSD Parks & Recreation

Opportunities for teens --

Want to enjoy an active, fun summer? The Elk Grove CSD Parks & Recreation dept. has a variety of volunteer positions available at special events and camps. Volunteering is a great way to gain valuable job experience. If interested please call 685-3917.

Thank you to the following for supporting the Teen Job Fair -- Herburger Publications, Elk Grove Citizen, Galt Herald, River Valley Times, McCauley Pools, Original Pete's Pizza



## Interested in Modeling?

**Ages 6-25**

Train to be a model or just look like one. This class enriches your life, develops your self confidence and posture, teaches you table manners and etiquette along with ramp/ photographic modeling techniques. You'll learn to avoid modeling scams and much more. Members from this class may have the opportunity to participate in outside fashion shows. Bring a notebook and pen to class. All levels-beginning through Advanced. *An optional \$15 fee for a t-shirt with logo is payable to the instructor at class.*

**Laguna Town Hall, Rm 2 \$79**

1523.201 Th 5/15-7/3 5:00-7:00 pm  
1523.202 Th 7/10-8/28 5:00-7:00 pm

Instructor: Tanya Pimenta

## Red Cross Certified Babysitting

**Ages 11-17**

This class emphasizes skill development in five major areas: leadership/decision making, safety and safe play, basic childcare, first aid and professionalism. Teenagers will learn ways to evaluate situations and often avoid hazardous situations all together! Skills learned in this class can be used in everyday life, not just while babysitting. Bring a "real" type doll to class, and a sack lunch for Saturday. Participants must attend all class hours to receive certificate. *Training manual and supplies are included.*

**EG Rec Center, Rm 9 \$47**

### Session 1

1521.201 F 6/20 9:00 am-4:00 pm

### EGCSD Building, Board Room

### Session 2

1521.202 Sa 7/12 9:00 am-4:00 pm

Instructor: Terri Dodd

## Teen Summer Beach Party!

**Friday, June 27**

**8:00-11:00 pm • Elk Grove Pool**

**Ages 12-16**

Bring your favorite floatie and splash into the Elk Grove Pool. A dive-in movie will be shown on a large screen poolside! Enjoy DJ music, an ice cream social and beverages. Call 685-3917 to pre-register!

1519.201 **Per person pre-registration/\$5**  
**Per person at the door/\$10**

## Teen Make-up & Skincare Workshop

**Ages 12+**

A fun and relaxed workshop that covers basic skincare, skin analysis, how to create balanced brows, choice of cosmetics and how to apply them, step-by-step make-up application and make-up for color and black and white photography. Dress comfortably, bring a pen and notebook and your own make-up. *A \$10 supply fee (for make-up applicators) is payable to the instructor at class.*

**Laguna Town Hall, Rm 1 \$25**

1522.105 M 5/19 6:30-8:30 pm  
1522.201 M 6/9 6:30-8:30 pm  
1522.202 M 7/7 6:30-8:30 pm  
1522.203 M 8/18 6:30-8:30 pm

Instructor: Tanya Pimenta

## Hip Hop Funk

**Ages 12-15**

The funky fun of learning the upbeat dance moves of the MTV hits. Students will learn short routines to the latest songs. Wear comfortable, loose clothes and tennis shoes.

**Elk Grove Rec Center, Rm 10 \$35**

### Ages 8-11

1316.201 M 6/9-7/14 5:30-6:20 pm  
1316.202 M 7/21-8/25 5:30-6:20 pm

### Ages 12-15

1316.203 M 6/9-7/14 6:30-7:20 pm  
1316.204 M 7/21-8/25 6:30-7:20 pm

Instructor: Jeanine Burroughs

## Learn to be a D.J.



**Ages 12-15 and 16+**

Learn the specialty techniques for radio and clubs, beat juggling, beat catching, scratching, and battle mixing, applications, hands on training, video instruction with state of the art turntables, mixers and digital media. Live demonstration with professional D.J.'s. Certificate of seminar completion. **(Advanced class covers lighting and special effects. Bring a note pad and pencil.)**

**EG Rec Center, Rm 9 \$65**

### AGES 12-15

#### Beginning

1520.201 Sa 5/31 1:00-5:00 pm  
1520.202 Sa 6/28 1:00-5:00 pm

#### Advanced

1520.203 Sa 7/26 1:00-5:00 pm

### AGES 16+

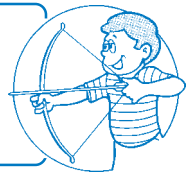
#### Beginning

1520.204 Sa 6/14 1:00-5:00 pm  
1520.205 Sa 7/12 1:00-5:00 pm

#### Advanced

1520.206 Sa 8/9 1:00-5:00 pm

**Try Archery!**  
**For Introduction to Archery**  
**See pg. 26**



## Teen Work Experience Program

**Ages 13-15 Counselor in Training • Jr. Lifeguard**

The Work Experience Program for teens is a great way to learn valuable job skills and provide you with a job reference for the future. Under supervision, CIT's will assist camp counselors in the Kid Central program, and Jr. Guards will assist lifeguards at the Elk Grove Pool. You will attend training (one-week for CIT's and two-weeks for Jr. Guards) and be placed according to choice and availability in the specific program area.

### CIT Day Camps

Session 1 M-F 5/5-30 8am-12pm 6310.202 or 1-5pm 6310.205  
Session 2 M-F 6/9-7/3 8am-12pm 6310.203 or 1-5pm 6310.206  
Session 3 M-F 7/7-8/1 8am-12pm 6310.204 or 1-5 pm 6310.207

### Jr. Lifeguards (work experience times vary-last 2 weeks)

Early Bird Tu-F 5/27-6/19 4:30-6:30pm 6310.208  
Session 1 M-F 6/9-7/6 9:30-1:00 pm 6310.209  
Session 2 M-F 6/23-7/18 4:30-6:30pm 6310.210  
Session 3 M-F 7/7-8/1 9:30-1:00pm 6310.211

### To enroll in the Program:

- Complete an application and return 10 days before the session begins.
- Submit an \$85 program fee.
- A program coordinator will contact you regarding your application.

All volunteers must attend the training sessions, even if they have been a volunteer in previous years. All teens must demonstrate a positive attitude to participate as a volunteer. To pre-register or for more information call 685-3917.

# Special Interest

## Landscape Design for the Homeowner

Ages 18+

Professional landscape designers charge hundreds, even thousands of dollars! You can learn all the secrets to designing a beautiful yard in 6 weeks. Topics include plant identification, drainage systems, automatic sprinklers, decks, patios and water features. (Optional-bring the Sunset Garden Guide.)

**Elk Grove High School, Rm F-8 \$39/person,**  
**(Science Bldg. on S-E side) or \$69/couple**  
1704.201 Th 6/19-7/24 6:30-8:00 pm

Instructor: Dave TeBerg

## Jeet Kune Do

Ages 13+

Come and learn the system Bruce Lee developed. A comprehensive style that encourages physical fitness through modern training methods, along with martial art techniques selected by Bruce applicable to self defense in every day life. Covered will be fitness, balance, speed, strength, confidence, and most of all being part of a special piece of history presented by two 3rd generation practitioners of Bruce's first school in Seattle, WA.

**EG Rec Center, Rm 9 \$39**  
1604.205 M/W 6/2-25 7:15-8:15 pm  
1604.206 M/W 8/4-27 7:15-8:15 pm

Instructor: Shannon Newman

## Polynesian Dance

Ages 13 - Adults

E Komo Mai! Welcome to the magical world of Polynesia! A world known for the graceful movement of the hands and mesmerizing sway of the hips. Learn basic instruction in Hula Kahiko (traditional) and Hula Auana (modern). This class will follow the protocol of traditional hula classes. Please wear comfortable clothes - "Aloha." A \$10 supply fee is payable to the instructor at the first class.

**Laguna Town Hall, Rm 2 \$25**  
**BEGINNING**

1318.203 Sa 6/7-28 9:45-10:30 am  
1318.204 Sa 8/9-30 9:45-10:30 am

**ADVANCED (pre-requisite Beginning Class)**

1318.205 Sa 6/7-28 8:00-8:45 am  
1318.206 Sa 8/9-30 8:00-8:45 am

Instructor: Rhoda Leimomi Mabanta

## Introduction to Archery

Ages 10-Adult

Laguna's oldest Archery Club, Laguna Creek Archers, is sponsoring a beginning Archery class that is limited to 10 archers. You will learn the 9 steps of shooting, and have the opportunity to practice your new skills. A \$10 range fee is payable to the instructor at the class.

**Laguna Creek Archers Indoor Range \$15**  
**9150 Bruceville Rd.**

1805.201 Sa 5/24 1:00-3:00 pm  
1805.202 Sa 6/21 1:00-3:00 pm  
1805.203 Sa 7/26 1:00-3:00 pm

Instructor: Sam Yee

## Modern Western Square Dancing

All Ages

Join in the fun as you learn the basic steps of Modern Western Square Dancing. Dancers of all ages and ability levels are encouraged to participate. The Caller, Bill Silver, is an experienced Square Dancing teacher. This is a continuous class that will progress to Intermediate/Plus Level for the next session. For more information call Lorraine Drake at 455-0132 or Bill Silver at 391-0366. *Registration is taken at class.*

**All Levels: beginning - Mainstream**

**Youth Center** Sundays 4:00-7:00 pm

Instructor: Bill Silver

## Beginning Manners School for Dogs

Ages 14+

Dogs and owners learn how to live with each other. All exercises taught help in everyday situations, in and out of the home. Establish leadership and consistency using positive training techniques. Traditional exercises taught include: walk on loose leash, sit, stay and come. Class size is limited. **No dogs for first class. Dogs must be at least four months old. Bring proof of vaccines.**

**Laguna Community Park "Dog Park"-**

**Bruceville Rd south of Big Horn Blvd. \$90**

1760.201 Tu 6/10-7/15 7:00-8:00 pm

Instructor: Pamela Cuda



## You Too Can Draw & Paint

New!

Ages 16+

Come and explore your creative side, drawing and painting with a variety of media. Basic drawing skills are stressed along with composition and design. All supplies are provided in the supply fee. A \$3 supply fee is payable to the instructor at the first class.

**EG Rec Center, Rm 10 \$22**

2202.205 W 6/4-25 4:30-5:30 pm

2202.206 W 7/9-30 4:30-5:30 pm

Instructor: Yvonne Bonacci, 1998 California State Fair Purchase Award Winner

## Belly Dancing

Ages 18+

Come and learn the basic movements. You will gain grace, confidence, and improve your fitness. Also learn about costume construction, stage make-up and playing the finger symbols.

**Laguna Town Hall, Rm 2 \$40**

**BEGINNING**

A \$30 supply fee for zills and music is due at the first class.

1734.104 M 5/5-6/2\* 8:15-9:30 pm

1734.201 M 6/9-30 8:15-9:30 pm

1734.202 M 7/7-28 8:15-9:30 pm

1734.203 M 8/4-25 8:15-9:30 pm

**INTERMEDIATE**

This class is a continuation of movements, transitions, routines and costume construction. *Beginning Belly Dancing is a prerequisite and the teacher must approve advancement to this class.*

1734.108 M 5/5-6/2\* 7:00-8:15 pm

1734.204 M 6/9-30 7:00-8:15 pm

1734.205 M 7/7-28 7:00-8:15 pm

1734.206 M 8/4-25 7:00-8:15 pm

(no class 5/26)\*

Instructor: Sharon Simko

# Special Interest

## Feel Great... Try Yoga



**Ages 18+**

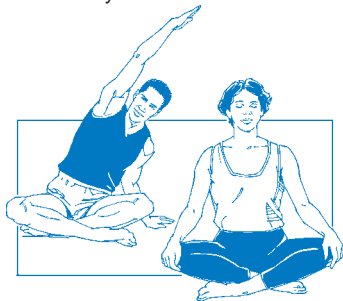
Stretch, tone, balance and breathe deeply as you practice Inyengar Style Yoga. Includes visualization and meditation. This class is geared toward both beginners and continuing practitioners. A great class to maintain good health! A yoga mat can be provided for a small fee.

**Encore Dance Studio \$44**

**9677 E. Stockton Blvd.**

|          |    |           |              |
|----------|----|-----------|--------------|
| 1831.105 | Th | 5/8-29    | 7:00-8:00 pm |
| 1831.201 | Th | 6/5-26    | 7:00-8:00 pm |
| 1831.202 | Th | 7/3-24    | 7:00-8:00 pm |
| 1831.203 | Th | 7/31-8/21 | 7:00-8:00 pm |

Instructor: Gladys Callender



## Yoga For Your Back



**Ages 16+**

Each class will release deep tensions in your back, neck and shoulders. While the poses are easy to do - they are deeply effective and bring immediate and long lasting relief.

**Inside Out Studio \$50**

**9651 E. Stockton Blvd.**

|          |   |         |               |
|----------|---|---------|---------------|
| 1832.201 | W | 6/4-25  | 12:00-1:00 pm |
| 1832.202 | W | 6/4-25  | 5:45-7:15 pm  |
| 1832.203 | W | 6/4-25  | 7:30-9:00 pm  |
| 1832.204 | W | 7/2-30* | 12:00-1:00 pm |
| 1832.205 | W | 7/2-30* | 5:45-7:15 pm  |
| 1832.206 | W | 7/2-30* | 7:30-9:00 pm  |
| 1832.207 | W | 8/6-27  | 12:00-1:00 pm |
| 1832.208 | W | 8/6-27  | 5:45-7:15 pm  |
| 1832.209 | W | 8/6-27  | 7:30-9:00 pm  |

(no class 7/23)\*

Instructor: Barbara Thompson, Certified Instructor



**Look for this icon for selected courses that you can register for on-line.**

## Beginning Golf for Fun

**Ages 16+**

Want to have more fun in your life? Golf is a game for a lifetime. The fundamentals will be taught in an easy to understand way. Start your lessons soon. *Clubs can be provided.*

**Champions Golf Links \$69**  
**8915 Gerber Road**

**Beginning**

|          |    |           |               |
|----------|----|-----------|---------------|
| 1802.201 | Tu | 5/20-6/10 | 6:00-7:00 pm  |
| 1802.202 | W  | 5/21-6/11 | 6:00-7:00 pm  |
| 1802.203 | Sa | 5/24-6/14 | 9:00-10:00 am |
| 1802.204 | Tu | 6/17-7/8  | 6:00-7:00 pm  |
| 1802.205 | W  | 6/18-7/9  | 6:00-7:00 pm  |
| 1802.206 | Sa | 6/21-7/12 | 9:00-10:00 am |
| 1802.207 | Tu | 7/15-8/5  | 6:00-7:00 pm  |
| 1802.208 | W  | 7/16-8/6  | 6:00-7:00 pm  |
| 1802.209 | Sa | 7/19-8/9  | 9:00-10:00 am |
| 1802.210 | Tu | 8/12-9/2  | 6:00-7:00 pm  |
| 1802.211 | W  | 8/13-9/3  | 6:00-7:00 pm  |
| 1802.212 | Sa | 8/16-9/6  | 9:00-10:00 am |

Instructor: Greg Colip, PGA

## Golf Playing Lessons

**Ages 16+**

Bring your skills to the course and we will polish them to game readiness. Classes are small and will be taught on the beautiful golf course, so sign up early. *Clubs can be provided.*

**Champions Golf Links \$75**  
**8915 Gerber Road**

|          |    |           |              |
|----------|----|-----------|--------------|
| 1804.201 | Tu | 5/20-6/10 | 7:30-8:30 pm |
| 1804.202 | W  | 5/21-6/11 | 7:30-8:30 pm |
| 1804.203 | Tu | 6/17-7/8  | 7:30-8:30 pm |
| 1804.204 | W  | 6/18-7/9  | 7:30-8:30 pm |
| 1804.205 | Tu | 7/15-8/5  | 7:30-8:30 pm |
| 1804.206 | W  | 7/16-8/6  | 7:30-8:30 pm |
| 1804.207 | Tu | 8/12-9/2  | 7:30-8:30 pm |
| 1804.208 | W  | 8/13-9/3  | 7:30-8:30 pm |

Instructor: Greg Colip, PGA

## Tai Chi



**Ages 18+**

Tai Chi is the ancient Chinese art of health maintenance and moving meditation. The natural, graceful movements are easy to learn and are perfect for any age. Regular practice relieves stress, increases energy, strengthens and tones muscles.

**Laguna Town Hall, Rm 1 \$45**

|          |       |        |               |
|----------|-------|--------|---------------|
| 1605.201 | Tu/Th | 6/3-26 | 9:00-10:30 am |
| 1605.202 | Tu/Th | 7/1-31 | 9:00-10:30 am |
| 1605.203 | Tu/Th | 8/5-28 | 9:00-10:30 am |

Instructor: Robert Nakashima

## Tennis "Fun"damentals



**Ages 18+**

This course develops basic skills of the five major components of tennis: forehand, backhand, volley, overhead, and serve. You will develop an understanding of correct grips, footwork, back swing and point of contact. Each week your bio-mechanics and stroke mechanics will be analysed and challenged. Learn strategies, receive physical conditioning and have fun! Classes are taught by a USPTA Professional (United States Professional Tennis Association).

**Batey Park Tennis Courts \$59**  
**(Seasons Drive)**

|          |   |            |                |
|----------|---|------------|----------------|
| 1801.109 | W | 5/14-6/11* | 10:00-11:00 am |
| 1801.207 | W | 6/18-7/9   | 10:00-11:00 am |
| 1801.208 | W | 7/16-8/6   | 10:00-11:00 am |
| 1801.209 | W | 8/13-9/3   | 10:00-11:00 am |

(no class 6/4)\*

Instructor: Ari Kalpakgian, USPTA Professional

**Parks & Recreation offers**  
**Space to create & imagine**

**STUDIO FIT**  
personal training  
coaching body & mind

**Debbie Worland**

Owner, Trainer, Coach

**686-1477**

*Complimentary  
Consultation*

9645 E. Stockton Blvd.,  
Elk Grove, CA 95624



# Special Interest

## Salsa Dancing

Ages 18+

Learn to dance "Salsa style!" Whether you're just beginning or would like to sharpen your dancing skills, these classes will teach you the latest techniques and patterns that will make your salsa dancing hot! hot! hot! So, grab a partner and join us on the dance floor.

**Laguna Town Hall, Recpt. Hall \$48/couple (couples only)**

### Beginning

|          |   |          |              |
|----------|---|----------|--------------|
| 1731.103 | M | 5/5-6/2* | 7:30-8:30 pm |
| 1731.201 | M | 6/9-30   | 7:30-8:30 pm |
| 1731.202 | M | 7/7-28   | 7:30-8:30 pm |
| 1731.203 | M | 8/4-25   | 7:30-8:30 pm |

### Intermediate

|          |   |          |              |
|----------|---|----------|--------------|
| 1731.106 | M | 5/5-6/2* | 8:30-9:30 pm |
| 1731.204 | M | 6/9-30   | 8:30-9:30 pm |
| 1731.205 | M | 7/7-28   | 8:30-9:30 pm |
| 1731.206 | M | 8/4-25   | 8:30-9:30 pm |

(no class 5/26)\*

Instructor: Lou Cuny

## Swing & Ballroom Dancing

Ages 18+

A bit of the old and a bit of the new! You'll learn the traditional style of swing and ballroom dancing in addition to today's updated versions. The beginning class introduces east coast swing (sometimes called the bop or jitterbug) and the waltz. The intermediate and advanced classes also cover the foxtrot, rumba, cha cha, nightclub 2-step, tango, and west coast swing. You'll learn to dance to the big band sounds of the 40's plus the sounds of today. Whether its a wedding, formal ball, or a night on the town you'll be ready! So, grab a partner and join us on the dance floor.

**Laguna Town Hall, Recpt. Hall \$48/couple (couples only)**

### Beginning

|          |   |        |              |
|----------|---|--------|--------------|
| 1732.105 | W | 5/7-28 | 7:30-8:30 pm |
| 1732.201 | W | 6/4-25 | 7:30-8:30 pm |
| 1732.202 | W | 7/9-30 | 7:30-8:30 pm |
| 1732.203 | W | 8/6-27 | 7:30-8:30 pm |

### Intermediate

|          |   |        |              |
|----------|---|--------|--------------|
| 1732.110 | W | 5/7-28 | 8:30-9:30 pm |
| 1732.204 | W | 6/4-25 | 8:30-9:30 pm |
| 1732.205 | W | 7/9-30 | 8:30-9:30 pm |
| 1732.206 | W | 8/6-27 | 8:30-9:30 pm |

Instructor: Lou Cuny

## Fun with Rubber Stampin'

New!



Ages 16+

Come & learn how to express your creativity through rubber-stamping! This four-week series will delight you with options to create incredible gifts cards, scrapbook layouts and learn advanced techniques. All supplies are provided along with a wide variety of stamps and samples of what "you too can make." Each 4 week series will cover different types of take-home projects.

### Youth Center

**\$10/class (\$5 supply fee per class)**

**\$35/series of 4 classes (\$20 supply fee)**

### Session 1

|          |    |            |        |             |
|----------|----|------------|--------|-------------|
| 1715.201 | Th | Cards      | 6/5    | 7:30-9:30pm |
| 1715.202 | Th | Gifts      | 6/12   | 7:30-9:30pm |
| 1715.203 | Th | Scrapbook  | 6/19   | 7:30-9:30pm |
| 1715.204 | Th | Adv. Tech. | 6/26   | 7:30-9:30pm |
| 1715.205 | Th | Series     | 6/5-26 | 7:30-9:30pm |

### Session 2

|          |    |            |         |             |
|----------|----|------------|---------|-------------|
| 1715.206 | Th | Cards      | 7/3     | 7:30-9:30pm |
| 1715.207 | Th | Gifts      | 7/10    | 7:30-9:30pm |
| 1715.208 | Th | Scrapbook  | 7/24    | 7:30-9:30pm |
| 1715.209 | Th | Adv. Tech. | 7/31    | 7:30-9:30pm |
| 1715.210 | Th | Series     | 7/3-31* | 7:30-9:30pm |

(no class 7/17)\*

### Session 3

|          |    |            |        |             |
|----------|----|------------|--------|-------------|
| 1715.211 | Th | Cards      | 8/7    | 7:30-9:30pm |
| 1715.212 | Th | Gifts      | 8/14   | 7:30-9:30pm |
| 1715.213 | Th | Scrapbook  | 8/21   | 7:30-9:30pm |
| 1715.214 | Th | Adv. Tech. | 8/28   | 7:30-9:30pm |
| 1715.215 | Th | Series     | 8/7-28 | 7:30-9:30pm |

Instructor: Heidi Wright

## Aiki Jujitsu



Ages 12+

A combination of Karate and Jujitsu, two ancient martial arts styles. Learn self control and build self confidence in your abilities. Most of all have fun working and learning with others. Our goal in this class is to develop skills to face the challenges in life.

**Laguna Town Hall, Rm 2**

**\$35**

|          |   |        |              |
|----------|---|--------|--------------|
| 1603.105 | W | 5/7-28 | 7:15-8:15pm  |
| 1603.201 | W | 6/4-25 | 7:15-8:15 pm |
| 1603.202 | W | 7/9-30 | 7:15-8:15 pm |
| 1603.203 | W | 8/6-27 | 7:15-8:15 pm |

*Classes are extended to make up for no class days.*

Instructor: Chuck Saxton

## Jazzercise & Step

New Instructor  
**REDUCED  
Prices!**

All Ages

The original dance exercise phenomenon! Each class offers a blend of jazz dance and exercise science set to your favorite music - Top 40, jazz, country, funk and classics. Easy-to-follow, fun choreography. The low-impact, high intensity workout of Step is a great way to add variety to your personal fitness program. Steps and resistance tubing are provided. **Call Julie at 689-2070 for more information.** *Registration (ongoing) will be taken at class with the instructor.*

Instructor: Julie Barbone

### EFT (Easy Fitness Ticket)

**\$33**

One Month Pass

\$9 per week (a savings of \$208 per year)

(Electric Funds Transfer -1st through 31st)

### 4 Weeks

**\$48**

### Single Class

**\$10**

## Jazzercise

A total body conditioning class including warm-up, 30 minutes of aerobic conditioning, toning, strengthening of major muscle groups and cool-down.

**Laguna Town Hall, Recpt. Hall**

|    |         |              |
|----|---------|--------------|
| Tu | Ongoing | 6:00-7:00 pm |
| Th | Ongoing | 6:00-7:00 pm |

## Step by Jazzercise:

A low impact, high intensity workout adapting Jazzercise's trademark choreography.

**Laguna Town Hall, Recpt. Hall**

|        |         |              |
|--------|---------|--------------|
| M/W    | Ongoing | 6:00-7:00 pm |
| Tu/Ths | Ongoing | 7:15-8:00 pm |
| Sa     | Ongoing | 8:00-9:15 am |



**Look for this icon for selected courses that you can register for on-line.**



**"Operation Clyde"**  
the Recreation Activity Assistance Fund

Helps Elk Grove individuals who can not afford to participate in EGCSO recreation activities. Applications are now being accepted at the EGCSO Parks and Recreation main office. **For information call 685-3917.**

# Adult Sports Leagues

## League Registration Information

|                   | Games Begin   | Drop Off/<br>Mail Reg. | "Only If"<br>Late Reg. | Manager's<br>Meeting* |
|-------------------|---------------|------------------------|------------------------|-----------------------|
| <b>Volleyball</b> | <b>6/4/03</b> | <b>5/5-9</b>           | <b>5/12-22</b>         | <b>N/A</b>            |
| <b>Softball</b>   | <b>6/9/03</b> | <b>5/5-9</b>           | <b>5/12-22</b>         | <b>6/5/03</b>         |

\* Manager's Meetings held at 6:00 pm in the CSD Administration Building, 8820 Elk Grove Boulevard. All teams must attend manager's meeting.



| Day   | Act. #   | League/Activity (Start Date) | Fee  | # of Games | Times        | Event Location |
|---|----------|------------------------------|------|------------|--------------|----------------|
| <b>Grass Volleyball - 15 players - Ages 18+</b> |          |                              |      |            |              |                |
| Wed   | 4320.201 | Grass, Self-Ref (6/4)        | \$88 | 7-9        | 6:00-8:00 pm | Grey Diamond   |

Self-referee. Emphasizes exercise and fun. No scorekeepers or awards. Complete rules available at department office.

## Softball Leagues - Ages 18+

|       |          |                  |       |     |               |                 |
|-------|----------|------------------|-------|-----|---------------|-----------------|
| Mon   | 4260.201 | Men's D (6/9)    | \$420 | 7-9 | 6:00-10:00 pm | LCP             |
| Mon   | 4260.202 | Women's D (6/9)  | \$420 | 7-9 | 6:00-10:00 pm | LCP             |
| Tues  | 4260.203 | Men's D (6/10)   | \$420 | 7-9 | 6:00-10:00 pm | LCP             |
| Tues  | 4260.204 | Men's C/D (6/10) | \$420 | 7-9 | 6:00-10:00 pm | LCP             |
| Wed   | 4260.205 | Men's D (6/11)   | \$420 | 7-9 | 6:00-10:00 pm | LCP             |
| Wed   | 4260.206 | Co-ed D (6/11)   | \$420 | 7-9 | 6:00-10:00 pm | LCP             |
| Thurs | 4260.207 | Co-ed C/D (6/12) | \$420 | 7-9 | 6:00-10:00 pm | LCP             |
| Thurs | 4260.208 | Men's C/D (6/12) | \$420 | 7-9 | 6:00-10:00 pm | LCP             |
| Fri   | 4260.209 | Co-ed D (6/13)   | \$420 | 7-9 | 6:00-10:00 pm | LCP             |
| Fri   | 4260.210 | Co-ed D (6/13)   | \$420 | 7-9 | 6:00-10:00 pm | LCP             |
| Fri   | 4230.201 | Co-ed D (6/13)   | \$379 | 7-9 | 6:00-8:00 pm  | Zehnder/Johnson |

\* Softball registration fee includes ASA Registration. Deduct \$15 if ASA fees were paid for 2003. Copy of ASA reg. card required.

## League Details

**Softball** Leagues are divided into two skill levels (C/D) Intermediate/Novice, and (D) Recreation. Fee includes scorekeeper, umpire, game balls, and first place individual awards. Softball leagues play by ASA rules. Games are 55 minutes in length.

**Refund Policy:** Refunds can be issued up to four weeks before league begins. If less than four weeks, full refund issued, only if another team can fill the vacancy.

## How to Register

Drop-off, mail in or walk in team registration. See League Registration Information (above) for "Only If" late registration dates. Completed roster and fees are due at registration. **Please submit only one check per team registration.** Call **685-3917** or **684-7550** to receive a roster by mail. Registration is not first come, first served. After registration deadline, the teams are balanced out in the leagues. If more teams apply than spaces are available, priority is given as follows: 1) returning teams, 2) resident teams and 3) lottery. Resident teams must have 60% or more players living in EGCSO boundaries.

## Mail in & Walk in registration:

EGCSO Parks & Recreation, 8820 Elk Grove Blvd., Suite #3, Elk Grove, CA 95624

**For complete rules or more info., call the Elk Grove CSO Parks & Recreation Department at 685-3917 • [www.egcsd.ca.gov](http://www.egcsd.ca.gov)**

# Senior Center of Elk Grove, Inc.

Senior Center of Elk Grove • 8830 Sharkey Avenue • 685-3160

## Partners in the Community



The Senior Center of Elk Grove receives grant funding from the Elk Grove Community Services District (EGCSD) which helps pay for the staffing at the Senior Center. The EGCSD has been and continues to be a major supporter of our non-profit organization. The partnership that continues to develop between our organizations makes it possible to improve services and programs for our older adult population in the

Elk Grove and surrounding area. On behalf of the Board of Directors of the Senior Center of Elk Grove, we wish to express our gratitude to the EGCSD for their continued support.

Board of Directors,  
Senior Center of Elk Grove, Inc.



A Partnership between  
The Senior Center of Elk Grove &  
Elk Grove Community Services District



## Elk Grove Senior Tripsters Travel Program

A senior travel club operating out of the Senior Center of Elk Grove, Inc. located at 8830 Sharkey Ave. Gadabouts are open Monday - Friday from 9:30 am until 4:00 pm.

We'd love to have you join us on any of our fun outings! Please give us a call at **685-7223** for additional information. Our clerks will be happy to assist you.

## Dial-A-Ride

Transportation for seniors over 50 who live within our designated service area can call for a ride to Health Care, Banking, Shopping, Beauty Shops, Nutrition Programs, etc. For more information call 686-4736.

## Help Wanted!

We need volunteer drivers! Stop by our office for more information.

**Keep up with the monthly happenings at the Senior Center - Get "The Senior News" newsletter mailed to you each month!**

**New members may call the Senior Center to arrange for an orientation.**

Become a member for only \$10/single or \$15/couple each year. Membership also includes annual event calendar and discounts on some special events. Call 685-3160 for information.

Joyce Drush, *Senior Center Director*

## Games Big Kids Play!

| Game  | Day        | Time           |
|---|------------|----------------|
| <b>Bridge</b>   | Tuesdays   | 9:00 am-noon   |
| <b>Bunco</b>  | Wednesdays | 12:45 -3:00 pm |
| <b>Pinocle</b>  | Thursdays  | 12:00 -4:00 pm |
| <b>Bingo</b>  | Fridays    | 12:45 -3:30 pm |
| Auxiliary plays Bingo twice each month, the 1st & 3rd Mon. afternoon. Call for dates/times. |            |                |
| <b>Pool Hall open:</b>  | M-F        | 9:00 am-noon   |

## GET FIT!

Low Impact Aerobics – M/Th 8:45-9:30 am

Chair Exercise – Tu/F 9:30-10:00 am

Gentle Yoga – call for class times

Line Dancing – Wednesday 2:30-4:00 pm

Tai Chi – M 8:00-8:45, Tu 2:00-2:45

Tap Dancing – Beg: Tu 3:00 pm / Advanced: Th 3:00 pm

**PIANO** – Wednesday 1:00 pm

**New!**

## FEELIN' CRAFTY?

Porcelain Dolls – Monday and Friday, all day

Ceramics – Tu/W 9:00 am-noon,  
Tu/Th 1:00-4:00 pm, W 5:30-8:30 pm

Knitting – Tuesday 10:00 am-noon

Rock Painting – 1<sup>st</sup> & 3<sup>rd</sup> Wed, 1:00-3:00 pm

Painting/Drawing Thursday 9:00 am-noon

Quilting/Crafts – Thursday 9:00am-noon

Stamping – Wed 9:30am-11:30 am

Theater Arts – Th 4:00 pm

## EXPAND YOUR MIND!

### Computer Classes

Highly qualified, experienced instructors offer classes for seniors at the Senior Center that include Introduction to Computers, Windows 98, MS Word, MS Excel, and Internet/Email. Please call 685-3160 for current session information.

**Ask about the Senior Computer Club!**

Mon: 9am-12pm & 1-4pm, Tu: 9am-12pm, Wed: 9am-12pm, 1-4pm & 6-8pm, Th: 9-12, Fri: 9-12

### Just Stuff (Thrift Shop)

Hours: Mon-Fri • 9:30-12:00 noon

Tu,W,Th • 9:30-12:00 noon & 1:00-2:30 pm





# Fire Department

## Hot Summer Safety Nights

Join your local Fire and Police responders and Parks and Recreation professionals for an evening of fun and safety learning. Get to know your emergency friends by playing safety-based games stressing fire and burn safety, pedestrian safety, water safety, playground safety and much more. Bring your bicycle (and your helmet) and participate in a bike rodeo organized by the Elk Grove Police Department. Free ice cream will be provided courtesy of Dreyer's Grand Ice Cream.

Bring the  
Kids!

**Thursday, June 19 5:00 to 8:00 pm Fire Station 75**  
(Maritime Drive)

**Thursday, July 17 5:00 to 8:00 pm Mix Park**  
(Goldy Glen Way)

**Thursday, August 14 5:00 to 8:00 pm Elk Grove  
Police Dept.**  
(Laguna Palms Way)



Sponsored by:

Elk Grove CSD Fire Department, Elk Grove CSD Department of Parks and Recreation, Elk Grove Police Department and Dreyer's Grand Ice Cream.

## STAY SAFE THIS SUMMER

Most injuries and fires are preventable. Do your part to prevent accidents by following the safety tips provided below and visiting the new "Hot Summer Safety Nights" events to learn more about keeping your family safe this summer.



### Hot Cars and Kids Don't Mix

From 1996 through 2000, more than 120 children – most age 3 and younger – died from heat stroke after being trapped in a vehicle's passenger compartment. Research conducted by General Motors revealed that these children were left behind in a closed, parked car by parents or caregivers, or that they gained access to the car on their own and could not get out.

Heat is much more dangerous to children than it is to adults. When left in a hot vehicle, a young child's core body temperature may increase three to five times faster than an adult's. With the outside temperature at just 80 degrees, a car interior can reach dangerous temperatures in just minutes. This could cause permanent injury and even death.

You can prevent a tragic summer trauma. Even if it's just a "quick errand," remove kids from the vehicle and take them with you. Never leave a child unattended in a motor vehicle, even with the window slightly open.

### Be Cool (and safe) around the Pool

Summer prompts increased use of the pool by the whole family. Pool parties and casual get-togethers can attract children, who may not have regular exposure to pools. When kids come to swim:

- Never leave children alone in or around a pool – not even for a moment.
- Ensure that your pool complies with state fencing regulations and is fenced on all sides by materials that cannot be climbed by children.
- Make sure that pool gates self-close and self-lock with latches that are out of children's reach.
- Keep rescue equipment, such as a shepherd's hook or life preserver, and a phone by the pool.
- Have people on hand that know how to perform CPR in the event of an emergency. Your CSD Fire Department can refer you to low-cost CPR classes held in the community.
- Keep kids informed – let them know the rules of water and diving safety to protect themselves and their friends.

### Elk Grove CSD Fire Department

tel: 685-9502  
fax: 685-6622  
emergency: 911

**CSD Fire Administration**  
8820 Elk Grove Blvd, #2,  
Elk Grove, CA 95624

**Station 71 • (Elk Grove)**  
8760 Elk Grove Blvd.

**Station 72 • (Franklin)**  
4011 B Hood-Franklin Road

**Station 73 • (Sheldon)**  
9607 Bond Road

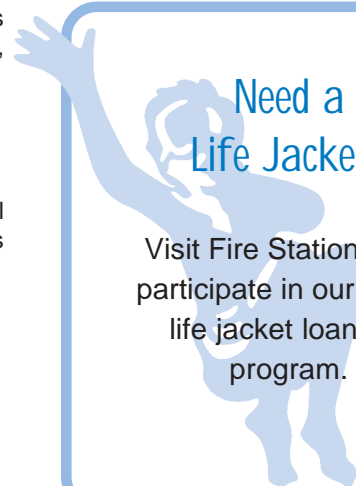
**Station 74 • (Laguna Creek)**  
6501 Laguna Park Drive

**Station 75 • (Lakeside)**  
2300 Maritime Drive

**Station 76 • (Elk Grove)**  
8545 Sheldon Road

### Need a Life Jacket?

Visit Fire Station 71 to  
participate in our FREE  
life jacket loan-out  
program.



# Support Our Sponsors!

- ★ Ballet
- ★ Tap
- ★ Jazz/Hip Hop
- ★ Birthday Parties
- ★ Kindermusik®

Newborn-18 months

- ★ Dance classes for ages 2½ to Adult



**Registration Begins June 2nd**

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**685-0931**

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Look for us online at [www.canudance.com](http://www.canudance.com)

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*Step In Time  
Dance Boutique*

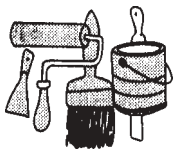
- ✕ Dance Wear ✕
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- ✕ Gifts ✕

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### Complete Line of Hardware

- Sporting Goods
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- Bicycle Accessories
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**Open 8-7 Mon-Fri • 8-6 Sat • 10-5 Sun**



**685-3982**



**The Young Family**  
**Local Owners for over 30 Years!**

Easy Parking  
9661 Elk Grove-Florin Rd, Elk Grove  
(2 Blocks So. of Elk Grove Blvd)

## TREE TECH SERVICES



*Serving the Green Industry*

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# Rental Facilities

Whether hosting a wedding reception, company picnic, or any other special occasion, the Elk Grove Community Services District Department of Parks and Recreation offers a variety of rental facilities to suit your recreation or business needs. *Reservations are accepted for private functions at the following sites:*



The Laguna Town Hall features both indoor and outdoor facilities for your special occasion.

## Laguna Town Hall



Located in Laguna West at 3020 Renwick Avenue, the Town Hall is available to rent for private receptions, meetings and other community functions. Nestled in a beautiful, Mediterranean-style park setting, the Town Hall features a large multi-purpose room with a stage, outdoor patio, kitchen facilities; two meeting rooms, restrooms and an amphitheater with an outdoor stage and turfed seating. The Town Hall can accommodate a seating capacity of 50 to 300 people. To make a reservation, or for more information, stop by the Laguna Town Hall, 3020 Renwick Avenue or call **684-7550**.



## Elk Grove Regional Park:

Located in the heart of Elk Grove along Elk Grove-Florin Road, Elk Grove Regional Park provides 120 acres of lush landscaping and recreational amenities. The CSD partners with the County of Sacramento and Southgate Recreation and Park District to provide opportunities for facility rental at this site. The EGCS D Department of Parks and Recreation accepts reservations for the Swim Center, Grey Diamond, Youth Center, and Picnic Areas 1A, 1B, 9A and 9B.

### Picnic Area:

Picnic area numbers **1A, 1B, 9A, 9B/9C** are reserved through the Elk Grove Parks and Recreation Office. *(All other picnic areas are reservable through Sacramento County at 875-6336.)* Call 685-3917 at least one month in advance of event for fees and availability. Reservations must be completed two weeks prior to event. Park maps are available and picnic area numbers are posted at the park.

### Grey Diamond:

Also located within Elk Grove Regional Park, the Grey Diamond offers sports enthusiasts a well-groomed, lighted, field for playing softball. The field is available for all day use or in 90 minute increments. Bases, however, are not included in the rental fee.

### Swim Center:

Located in Elk Grove Regional Park, the swim center offers a cool alternative for your special function or party. The facility features a 25 yard pool, waterslide, and a shady picnic area with an adjoining playground. Reservations are available in two hour blocks on Saturday and Sunday evenings (beginning at 4:30) for private parties from May 31 - September 13. New this year - The pool is available to rent on 3 Saturday mornings this summer: July 5, August 16 and August 23, from 7:30-11:45 am. These reservations go fast so book now. Call 685-3917 for fees and availability.

For Rentals at Strauss Island, the Pavilion, or Rotary Grove please call the County of Sacramento for information at 875-4794.



*Reservations for private parties and birthday parties at the Elk Grove Pool are underway.*



## Procare Ad

2-Color Ad

(Pull from W/S 2002 pg 36)

*Portraits  
by Mary*  
FINE PHOTOGRAPHIC IMAGES

*Specializing in Portraits of children  
and families. Indoor and outdoor  
sessions are available.*

In Studio 



*Cherish Your  
Memories*

*Call today  
for your appointment!* 

**(916) 683-4141**

Located in the Laguna Area of Elk Grove

  
**SPECIAL OFFER**  
(New Customers Only)  
**\$20 off**  
Creation Fee  
Coupon Expires 7/31/03

## Support Our Sponsors!

10% off

### Come Party With Us!

**Laguna Skates!** offers a variety of Birthday Party Packages: Packages include admission and skate rental for 10 children (including the birthday child), invitations, reserved table with place settings, 2 1/2 hours of interactive fun, **Baskin-Robbins** ice cream cake, beverage service, goodie bags, game tokens for all guests, and photo button of the birthday child. Reservations and a \$50 deposit are required.

- **Ultimate Party - \$189** (includes 2 large pizzas and rock climbing for all guests.)
- **Pizza Party - \$149** (includes 2 large pizzas)

- **Cake Party - \$129**
- **Activity Party - \$139** Great for Teens! (includes rock climbing for each guest and food & drink tickets instead of reserved table. Cake is extra.)

### Private Birthday Parties

**Now** you can schedule a Birthday Party during a 2-hour Private Session Sunday through Thursday nights. For availability, questions and bookings call Karen at (916)425-5438.

- \***Ultimate Party - \$567**
- \***Pizza Party - \$447**
- \***Cake Party - \$387**
- \***Activity Party - \$402**  
\*For 30 children



**Call Today for Reservations 691-1800**

Mention this ad for 10% off any Party Package booked by July 15, 2003

9045 Bruceville Road, Elk Grove, CA

(916)691-1800

[www.lagunaskates.com](http://www.lagunaskates.com)

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### What to Expect at Your First Appointment

- ★ We want your primary focus to be on getting better
- ★ Every new patient receives an exam and your treatment usually begins today
- ★ Our polite and courteous staff will help you with all of your questions and paper work or any disability insurance forms or other forms
- ★ Certified massage therapists on staff
- ★ Modern Physiotherapy Department

*Chiropractic board rules require that patients be under an active chiropractic treatment plan to receive massage or physiotherapy at any chiropractic office*

**CALL TODAY TO SCHEDULE YOUR APPOINTMENT!**

**685-1718**

## Aquatics Registration Form (Copies Accepted)

Receipt # \_\_\_\_\_


Init. \_\_\_\_\_

Responsible Adult \_\_\_\_\_ Phone (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

VISA/MC Payment: \_\_\_\_\_ VISA \_\_\_\_\_ MasterCard Card # \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_ Expires Mo./Yr. \_\_\_\_/\_\_\_\_

| Office<br>Use Only  | Participant Name | Age | Birthdate<br>(under 18) | Lesson<br>Level | Session Choice |     |     | Time of Class Preferred |          |          | Fee            |
|---|------------------|-----|-------------------------|-----------------|----------------|-----|-----|-------------------------|----------|----------|----------------|
|   |                  |     |                         |                 | 1st            | 2nd | 3rd | Choice 1                | Choice 2 | Choice 3 |                |
|   |                  |     |                         |                 |                |     |     |                         |          |          |                |
|   |                  |     |                         |                 |                |     |     |                         |          |          |                |
|   |                  |     |                         |                 |                |     |     |                         |          |          |                |
|   |                  |     |                         |                 |                |     |     |                         |          |          |                |
|  <b>"Operation Clyde" Recreation Activity Assistance Fund (Optional)</b> |                  |     |                         |                 |                |     |     |                         |          |          | <b>\$ 1.00</b> |

**"Operation Clyde" - \$1.00 contribution.** Your contribution on the registration form helps Elk Grove individuals who can not afford to participate in recreation activities. Bring our community together by the simple act of donating a dollar.

**Total Fee:****Hold Harmless Agreement**

The Elk Grove Community Services District, their officers and employees, and any co-sponsor of this activity are not responsible for any injury which may be suffered by the participant while traveling to, during, or returning from the activity designated in this notice. The sponsoring agency has no medical insurance for individuals, and injury will be the participant's responsibility. Under California Law, an individual, or parent or guardian if actual participant is under 18, is responsible for any and all property damage, personal or private, which the individual may cause during the course of an activity such as designated in this notice. Additionally, the participant, or parent or guardian if actual participant is under 18, acknowledges that the EGCSD reserves the right to photograph facilities, activities, and program participants for potential future use for publicity or promotion purposes only. I have read and understand this notice.

**No confirmation will be sent.**

Receipts are available in our office:  
8820 Elk Grove Blvd., #3

Signature of Participant (Parent if under age 18)

Date

## Registration Form (Copies Accepted)

Receipt # \_\_\_\_\_


Init. \_\_\_\_\_

Responsible Adult \_\_\_\_\_ Phone (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

VISA/MC Payment: \_\_\_\_\_ VISA \_\_\_\_\_ MasterCard Card # \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_ Expires Mo./Yr. \_\_\_\_/\_\_\_\_

| Participant Name  | Birthdate<br>(Under 18) | Activity<br># | Activity Name | Dates | Fee            |
|---|-------------------------|---------------|---------------|-------|----------------|
|   |                         |               |               |       |                |
|   |                         |               |               |       |                |
|   |                         |               |               |       |                |
|   |                         |               |               |       |                |
|  <b>"Operation Clyde" Recreation Activity Assistance Fund (Optional)</b> |                         |               |               |       | <b>\$ 1.00</b> |

**"Operation Clyde" - \$1.00 contribution.** Your contribution on the registration form helps Elk Grove individuals who can not afford to participate in recreation activities. Bring our community together by the simple act of donating a dollar.

**Total Fee:****Hold Harmless Agreement**

The Elk Grove Community Services District, their officers and employees, and any co-sponsor of this activity are not responsible for any injury which may be suffered by the participant while traveling to, during, or returning from the activity designated in this notice. The sponsoring agency has no medical insurance for individuals, and injury will be the participant's responsibility. Under California Law, an individual, or parent or guardian if actual participant is under 18, is responsible for any and all property damage, personal or private, which the individual may cause during the course of an activity such as designated in this notice. Additionally, the participant, or parent or guardian if actual participant is under 18, acknowledges that the EGCSD reserves the right to photograph facilities, activities, and program participants for potential future use for publicity or promotion purposes only. I have read and understand this notice.

**No confirmation will be sent.**

Receipts are available in our office:  
8820 Elk Grove Blvd., #3

Signature of Participant (Parent if under age 18)

Date



# Registration

## Main Office Registration Begins:

Tuesday, May 6  
685-3917  
8820 Elk Grove Blvd.

## Laguna Town Hall Registration Begins:

Thursday, May 8  
684-7550  
3020 Renwick Ave.

## 5 Easy Ways to Register!



### 1. Walk-In Registration: (8:00 am to 4:00 pm)

Priority is given to walk in and phone in registration over mail in, drop off or fax registration. Correct fee and a completed Registration Form must be turned in at time of registration. A black "drop box" is located next to the front door of the CSD building for after hours drop off registration.



### 2. Phone-In Registration: (8:00 am to 4:00 pm)

Only with Visa or MasterCard.



### 3. Mail-In Registration\*:

Correct fee and a completed form (see pg 36) must be included. Please do not mail cash.



### 4. Fax-In Registration\*:

Only with Visa or MasterCard at 685-6942 on or after May 8.



### 5. On-line\* (selected classes only):

**Registration is not guaranteed until a return e-mail is sent to you.**

Only with Visa or MasterCard on or after May 6. Register online at [www.reclink.com](http://www.reclink.com). Click on Elk Grove text and it will take you to our selected programs. If you have any questions regarding the use of **RecLink.com** feel free to contact us at 685-3917. See pg.16 for details.



Look for this icon for selected courses that you can register for on-line.

\* Mail, fax and on-line registrations are processed after walk-in and phone in credit card registration each day in the order received.



## Guaranteed Fun!

Don't hesitate to register for a class, activity or program! We won't be satisfied if you are "just satisfied." Our commitment is that your experience is exceptional and is guaranteed to be "Fun!" Take us up on our "Guaranteed Fun!" offer. If you determine prior to starting that you cannot attend, contact our office and we will arrange for you to repeat the class at no additional charge, receive a credit towards another program, or receive a full refund. If you are not satisfied with a program, contact our office for information on a refund or credit. Our "Guaranteed Fun!" offer applies to leisure classes, day camps, and specialized camps.

When registering, remember to check "**Operation Clyde**" to donate to the Recreation Activity Assistance Fund.



## Remember to:

Mark your calendars. Please note the activity times, dates and locations for courses and events.

## Receipts

In an effort to keep the cost of classes down, we are unable to send receipts by mail but will have them available at the office by request.

## Supply Fees

Do not include supply fee with registration fee. Supply fees are payable to the instructor at the first class.

## Parks & Recreation Office

685-3917

FAX • 685-6942

Laguna Town Hall • 684-7550

Register online at [www.reclink.com](http://www.reclink.com)



## Give the gift of fun!

Gift Certificates for recreation programs make great gifts!

For details please call 685-3917 or 684-7550.

## Mail Registration Form and Fees to:

Activity Registration  
Elk Grove CSD  
Parks and Recreation  
8820 Elk Grove Boulevard, Suite 3,  
Elk Grove, CA 95624

Visa/MasterCard  
accepted



# Staff

## Be Cool! Volunteer Your Time & Talent

- Gain valuable work experience
- Make use of your special talents & skills
- Realize new skills & talents
- Explore career possibilities
- Receive a feeling of accomplishment & personal satisfaction
- Improve communication skills
- Develop new friendships
- Expand your horizons
- Give back to the community
- Future job references
- Have fun!

Many of the department's programs depend on volunteer support. A volunteer might help at a special event, coach a youth sport or work with teens. People of all ages are encouraged to participate. If you wish to put your expertise to use in a program or just want to find out what volunteer opportunities are available, fill out the brief application below and mail it to Elk Grove Community Services District, 8820 Elk Grove Blvd., Suite 3, or call:

**Emily O'Hair, Volunteer Coordinator**  
at 683-5279

### ELK GROVE CSD VOLUNTEER INTEREST FORM

Today's Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone (home) \_\_\_\_\_

Phone (work) \_\_\_\_\_

Areas of Interest:

- ☐ Youth Sports Coach ☐ Teens  
☐ Special Events ☐ Seniors  
☐ Preschools ☐ Other: \_\_\_\_\_

If student, what track: \_\_\_\_\_

School: \_\_\_\_\_



## Elk Grove Community Services District

### Board of Directors

Doug McElroy, President  
 Gerald Derr • Elliot Mulberg  
 Pat Perez • Elaine Wright

### Administrative Services Department

**8820 Elk Grove Blvd., Ste. 1 685-7069**

Rita Velasquez ..... CSD General Manager  
 Jeff Ramos ..... Administrative Services Director  
 Kathy Berez ..... Accounting Technician  
 Karen Liu-Blaschke ..... Administrative Assistant  
 Sharon O'Donnell ..... Administrative Assistant  
 Janna McLeod ..... Payroll Technician  
 Dan Kunz ..... Building Maintenance Coordinator  
 Bill Richardson ..... Building Maintenance Worker  
 Kristyn Staby ..... Public Information Officer  
 Jack Haddon ..... Information Systems Coordinator

### Fire Department

**8820 Elk Grove Blvd., Ste. 2 685-9502**

#### Fire Operations Staff

Mark Meaker ..... Fire Chief  
 Keith Grueneberg ..... Deputy Chief  
 Mike Morrison ..... Assistant Chief  
 Richard Holmes ..... Battalion Chief  
 John Michelini ..... Battalion Chief  
 Mike Ridley ..... Battalion Chief  
 Mike Zehnder ..... Battalion Chief

#### Fire Prevention Bureau

Steve Foster ..... Fire Marshal  
 Carol Wright ..... Fire Inspector  
 Amber Anderson ..... Fire Inspector  
 Joanna Rains ..... Fire Inspector

#### Support Staff

May Mason ..... Department Secretary  
 Mandy Campanario ..... Typist/Clerk  
 Ryan Small ..... Logistics Technician

Would you like to e-mail your community  
 Parks & Recreation specialists? We  
 welcome your questions, comments and  
 suggestions.

[recstaff@egcsd.ca.gov](mailto:recstaff@egcsd.ca.gov)

## Parks & Recreation Department

**8820 Elk Grove Blvd., Ste. 3 685-3917**

#### Administration Staff

David Wigginton ..... Department Administrator  
 Jerry Fox ..... Deputy Administrator of Parks,  
 Facilities and Development  
 Hal Paris ..... Superintendent of Community  
 Services  
 Fred Bremerman ..... Superintendent of Finance  
 & Operations  
 Jennifer Smith ..... Special Projects Supervisor

#### Support Staff

Patricia Vincent ..... Administrative Aide  
 Paula Landrum ..... Sr. Administrative Clerk  
 Vanessa Vieira ..... Administrative Clerk  
 Jodi Haddon ..... Receptionist  
 Shelia Wolcott ..... Town Hall Receptionist

#### Planning Staff

Phil Hollingshead ..... Chief of Planning and Design  
 Services  
 Mike Matsuoaka ..... Associate Landscape Architect

#### Park Maintenance Staff

Roy Herren ..... Maintenance Supervisor  
 Murray McDaniel ..... Maintenance Supervisor  
 Dave Womack ..... Maintenance Supervisor  
 Justin Ellermeyer ..... Irrigation Manager  
 Otto Gisler ..... Crew Leader  
 Jeff Repetti ..... Crew Leader  
 James Buckingham ..... Maintenance Worker  
 Marshal Chandler ..... Maintenance Worker  
 John Connolly ..... Maintenance Worker  
 Brian Hudson ..... Maintenance Worker  
 Dave Loveall ..... Maintenance Worker  
 Dave Archer ..... Maintenance Aide  
 Nick Heuer ..... Maintenance Aide  
 Matt Boone ..... Maintenance Aide  
 Cheryl Contreras ..... Custodian  
 Donna Ramos ..... Custodian  
 Jess Grantham ..... Town Hall Custodian

#### Recreation Staff

Melody Cecil ..... Recreation Supervisor  
 Kelly Crowder ..... Recreation Supervisor  
 Kelly Gonzalez ..... Recreation Supervisor  
 Samantha Hardy ..... Recreation Supervisor  
 Zach Jones ..... Recreation Supervisor  
 Kathy Kachurak ..... Recreation Supervisor  
 Priscilla Oliver ..... Recreation Supervisor  
 Jeri Retzlaff ..... Recreation Supervisor  
 Jennifer Campbell ..... Recreation Coordinator  
 Angela Edwards ..... Recreation Coordinator  
 Marni Lutz ..... Recreation Coordinator  
 Jennifer Miller ..... Recreation Coordinator  
 Heide Oberg ..... Recreation Coordinator  
 Scott Stanley ..... Recreation Coordinator  
 Susie Rogers ..... Graphic Specialist  
 Jonnie Siemens ..... Preschool Resource Teacher

# Community Info.

Help us  
build!



The Elk Grove Community Garden & Learning Center is currently seeking Sponsors

**\$5000** • Valley Oak Sponsor

**\$2500** • Western Redbud Sponsor

**\$1000** • California Wild Grape Sponsor

**\$500** • California Poppy Contributor

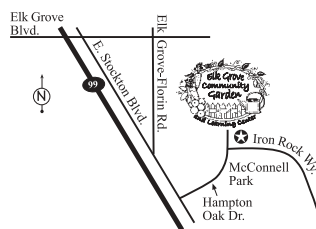
**\$250** • White Lupine Contributor

**\$100** • Sunflower Contributor

## Come Grow with us!

- Home-grown fruits, veggies, herbs & flowers
- Enjoy outdoor exercise & recreation
- Community greening & crime reduction
  - Be involved with your neighbors
    - Learn to grow organically
    - Save \$\$ on your food bill
      - Community pride!
    - Great family activity
  - Be a "ground" planner!

Potential site located on Hampton Oak Dr. at Iron Rock Wy.  
(Off E. Stockton Blvd near Grantline Rd.)



For Info. call Soleil at 685-8010 or check out our virtual dirt! [www.geocities.com/egcgonline](http://www.geocities.com/egcgonline)

## Elk Grove Community & Youth Organizations Directory

Please contact these organizations directly.

### 4-H SACRAMENTO CLUBS

4-H Secretary, Joan Ryan 875-6811

### BASEBALL

Cal Ripken (Ages 5-12) 685-6665

Cal Ripken Hot Line

Babe Ruth (Ages 13-18) 607-3131

www.leaguelineup.com/egbr

Cosumnes River (Wilton) 687-8610

Hotline

PONY Baseball (Ages 9-14) 683-5817

www.pony.org/go/egpony

CITY OF ELK GROVE 683-7111

CAMP FIRE BOYS & GIRLS 452-4982

ELK GROVE CHAMBER OF COMMERCE 685-3911

### ELK GROVE COMMUNITY BAND

Robin Cole 685-2187

### ELK GROVE COMMUNITY GARDEN

Soliel Tranquilli 685-8010

### ELK GROVE TEEN CENTER

686-6942

### ELK GROVE SENIOR CENTER

685-3160

### ELK GROVE UNIFIED SCHOOL DISTRICT

686-5085

### FOOTBALL

Elk Grove Jr. Thundering Herd 685-8889

Laguna Creek Junior Cardinals 686-9626

Football and Cheerleading lcjc.org

Junior Huskies huskypride.com 486-4666

### FRIENDS OF THE LIBRARY

Elk Grove Affiliate 685-5270

### JUNIOR BASKETBALL ASSOCIATION (JBA)

www.jbahoops.com 941-8094

### SAC CITY UNIFIED SCHOOL DISTRICT

Special Needs Programming

Dave Stincelli 277-6625

### SCOUTS

Boy Scouts -

Golden Bear District Executive 929-1417

Girl Scouts -

Tierra Del Oro Council Office 638-4475

### SOCCER

Elk Grove Youth Soccer League

Girls/Boys Info. Hotline 682-6500

elkgrove-soccer.com

### SOFTBALL

Elk Grove Girls Softball (Ages 5-16)

elkgrovesoftball.com Voicemail 714-3399

### SWIM TEAM

E.G. Piranhas Hotline 431-3337

To list an organization above, please contact EGCSD Department of Parks and Recreation at 685-3917.

## Sacramento County Therapeutic Recreation Services

Therapeutic Recreation Services with the Sacramento County, Department of Regional Parks, Recreation and Open Space has been proving recreation for people with disabilities in the County of Sacramento for over 25 years. Some of the many programs offered include:

- Social Club
- Classes
- Special Events
- Travel
- Sports & Fitness
- Cultural/Community Events
- and many others

The goal of our programs is for each individual participant to achieve their highest level of leisure independence.

For more information call 875-6640.

## "Operation Clyde"

"Operation Clyde" Recreation Activity Assistance Fund helps Elk Grove individuals who can not afford to participate in recreation activities.

"Operation Clyde" Applications for the recreation activity assistance fund are now being accepted at the EGCSD Department of Parks and Recreation Main Office. For more info. call 685-3917.

### Here's how easy it is to contribute:

Please send checks payable to :

Elk Grove CSD Foundation,

"Operation Clyde" to

Operation Clyde, 8820 Elk Grove Blvd.,  
Ste. 3, Elk Grove California, 95624

All gifts are tax deductible.

Thank You for bringing our community together with your gift for "Operation Clyde" the Recreation Activity Assistance Fund